

# SENIOR MOMENTS

## Morrow County's Monthly Newsletter September, 2025



From the of the Director...

### Preventing Coronary Artery Disease

What can people do to prevent heart disease? Some risk factors are genetic, including a family history of high cholesterol. But 80% of the risk comes from lifestyle choices. A few steps you can take to protect your heart include:

1. **Stay active:** Exercise 30 minutes most days. A combination of low-impact aerobic activities and a few days a week of light weights or resistance bands is generally best.
2. **Keep moving:** Avoid falling into a sedentary lifestyle. Sitting too much has been found to be almost as dangerous as smoking! So, make sure to get up and move throughout the day.
3. **Rest well:** Sleep is another essential for keeping your heart healthy. Make it a priority to get 7 to 8 hours of quality sleep each night. If you suffer from insomnia, as many people do, talk with your doctor. The culprit may be an underlying health condition, such as sleep apnea.
4. **Watch your figure:** Keeping your weight at a level your doctor says is healthy also helps lower your risk for heart disease. Other advice along those same lines is to maintain healthy blood pressure and cholesterol levels.
5. **Mind your diet:** Eat a diet rich in fruits, vegetables, and lean protein, while avoiding foods high in trans fats. The latter is typically found in baked goods, fried foods, and many frozen dinners.
6. **Don't smoke:** Smoking can increase your risk for heart disease by 2 to 4 times that of a nonsmoker. If you are a smoker who's tried to quit before, talk with your physician. There are newer smoking cessation programs that might help you succeed.
7. **See the doctor:** By scheduling routine physicals with your family physician, you'll be more likely to stay on track with health screenings. It also gives your doctor an opportunity to spot problems and intervene early.
8. **Manage stress:** Chronic stress is linked to high blood pressure and cardiac diseases. Try to find positive ways to manage stress, such as meditation, walking, or journaling.
9. **Limit alcohol:** This risk factor may not be as well-known, but consuming too much alcohol contributes to heart disease. Work with your doctor to determine what is a safe amount for your personal health.

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, September 2 and September 30 at 12:00 pm. Cash Bingo cost to play is \$3.00. Join Karma from Kingston for bingo on September 9 from 12:00-1:30 pm. Join Tiffany with Cornerstone Caregiving on September 16 and Bennington Glen will run bingo on September 23 pm. If you would like to join us for lunch before playing, please call us the day before by



### BIBLE STUDY



Come to the center and join us in a bible study Friday, September 12 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, September 4, 11, 18, and 25, 2025 at Noon.



### MUSIC



Monday, September 1, there will be no music so we can celebrate Labor Day. Monday, September 8, we will have Open Mic. Monday September 15, we will have music provided by Kickin’ Grass. Monday, September 22, join us for Karaoke. Monday, September 29 will feature 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!

# Love your NEIGHBOR



## Word Twist Favorite Pies

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!



plpae \_\_\_\_\_  
 kimnpup \_\_\_\_\_  
 rheycr \_\_\_\_\_  
 tcealooch \_\_\_\_\_  
 noctcou \_\_\_\_\_  
 nabaan \_\_\_\_\_  
 ncaep \_\_\_\_\_  
 errbleuby \_\_\_\_\_  
 rebryatswr \_\_\_\_\_  
 chpae \_\_\_\_\_

©LPI



### BOOK CLUB

Nancy Bahr with Mount Gilead Library leads a lively discussion of "Have you seen me?" by Kate White. We will meet on September 18, 2025 from 1:00 to 2:00 pm.

### Medicare Annual Enrollment Period Schedule with Marc Follin

#### One-on-One (appointment required)

#### Educational

#### October

Wednesday, 10/15, 1:00 to 4:00  
 Friday, 10/24, 9:00 to 12:00  
 Thursday, 10/30, 1:00 to 4:00

Tuesday, 10/14, 10:00 to 11:00  
 Tuesday, 10/21, 2:00 to 3:00  
 Wednesday, 10/29, 10:00 to 11:00

#### November

Wednesday, 11/5, 9:00 to 12:00  
 Friday, 11/14, 1:00 to 4:00  
 Tuesday, 11/18, 1:00 to 4:00  
 Monday, 11/24, 9:00 to 12:00

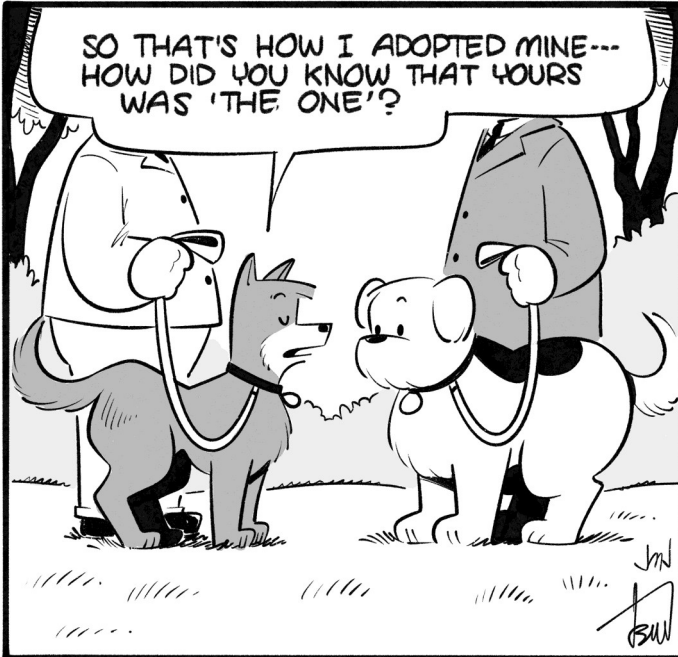
Monday, 11/3, 10:00 to 11:00  
 Thursday, 11/13, 2:00 to 3:00  
 Friday, 11/21, 10:00 to 11:00  
 Monday, 11/24, 2:00 to 3:00

#### December

Friday, 12/5, 1:00 to 4:00

Thursday, 12/4, 10:00 to 11:00

## SERVICES



**Word Twist  
Answers**

Apple  
Pumpkin  
Cherry

Chocolate  
Coconut  
Banana

Pecan  
Blueberry  
Strawberry

Peach

©LPi

### 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, Ex-  
pertly Trim, Thin and File Nails. Corns and Cal-  
lous 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: Wednesday, September 23  
from 9:00 to 12:00**

Equal opportunity provider

An old man was wondering if his wife had a hearing problem. So one night, he stood behind her while she was sitting in her lounge chair. He spoke softly to her,

“Honey, can you hear me?”

There was no response.

He moved a little closer and said again, “Honey, can you hear me?”

Still, there was no response.

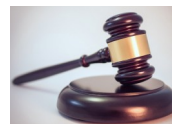
Finally he moved right behind her and said, “Honey, can you hear me?”

She replied, “For the third time, Yes!”

### 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
<b>1</b> 	<b>2</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Cash or White Elephant Bingo. TBD	<b>3</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>8</b> <b>8:30 am</b> Sassy Seniors <b>9:00 am</b> – Marengo Senior Breakfast <b>11:30 am</b> Lunch @ Center <b>6:00 pm</b> Music-Open Mic	<b>9</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Kingston Bingo	<b>10</b> <b>8:30</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>15</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>5:00– Dinner</b> <b>6:00– Kickin’ Grass</b>	<b>16</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Cornerstone Caregiving Bingo	<b>17</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>22</b> <b>8:30 am</b> Sassy Seniors <b>12:00 pm</b> Lunch Bunch with Candace Heer. <b>12:00 pm</b> —Marengo Seniors Carry-In at Marengo Legion Hall <b>6:00 pm:</b> Music-Karaoke	<b>23</b> <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Bennington Glen Bingo	<b>24</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center
<b>29</b> <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>6:00 pm</b> Gospel/Hymns with Chris and Hyla Skudder	<b>30</b> <b>9:00AM to 12:00 pm</b> Commodity Box pick-up <b>11:30 am</b> Lunch @ Center <b>12:00-1:30 pm</b> Cash or White Elephant Bingo. TBD	



## EVENTS AND IMPORTANT DATES

Thursday	Friday	 <p style="margin-top: 20px;"><b>Emma &amp; John Scroggins 9/4</b></p> <p><b>Geri &amp; Michael Park 9/4</b></p> <p><b>Jan &amp; John Johnson 9/6</b></p> <p><b>Tom &amp; Suzanne Kirby 9/15</b></p> <p><b>James &amp; Eleanor Cole 9/18</b></p> <p><b>Mark Schemmel &amp; Deborah Wadworth 9/16</b></p> <p><b>Donald &amp; Carol O'Brien 9/22</b></p> <p><b>Cheryl &amp; Bruce Young 9/22</b></p>
<b>4</b>  <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>5</b>  <b>8:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center	
<b>11</b>  <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre <b>1:00-3:00 pm</b> – Medicare 1 on 1 (appt needed)	<b>12</b>  <b>88:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center <b>12:30-1:30 pm</b> – Bible Study.	
<b>18</b>  <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre <b>1:00-2:00 pm</b> – Book Club	<b>19</b>  <b>8:30-9:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center	
<b>25</b>  <b>11:30 am</b> Lunch @ Center <b>12:00 pm</b> Euchre	<b>26</b>  <b>8:30-9:30 am</b> Sassy Seniors <b>11:30 am</b> Lunch @ Center	

## SENIOR GROUPS

### THE LUNCH BUNCH

The Lunch Bunch will meet on September 22, 2025. Lunch will be served at Noon. Candace Heer, from OSU Extension Office, will join us at 12:30 to discuss nutrition education.

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, September 8, 2025 AT 9:00 am

LUNCH AT LEGION HALL  
1549 COUNTY ROAD 26,  
MARENGO, OH,  
MONDAY, September 22, 2025 AT  
12 NOON  
JUDY JONES 567-231-9339



**Word Twist  
Answers**

Backpack  
Ruler  
Pencil

Markers  
Paper  
Notebook

Folder  
Lunch  
Chalkboard

Recess

©LPi



# Headwaters Outdoor



## Education Center

### 2025 Program Calendar

Dragonflies	2:00 pm	Sunday, Sept 21, 2025
Trick-or-Treat Trail	4:00 pm	Saturday, Oct 18, 2025
With Morrow Soil and Water Conservation District		
Make-it-Take-it	2:00 pm	Sunday, Nov 2, 2025
With Kim Forget, HOEC		
*Wee Discover	Morning Session: 10:15—11:30	
Thursday Preschool Program	Afternoon Session: 12:45—2:00 pm	
Each Thursday Sept & Oct		

DID YOU KNOW?

# LABOR DAY FUN FACTS

A line of 14 diverse people representing various professions: a woman in a green shirt and skirt, a man in a green jumpsuit with a broom, a woman in a white shirt and skirt, a man in a yellow jumpsuit, a woman in an orange jumpsuit, a man in a blue jumpsuit with a stethoscope, a woman in a black business suit, a man in a yellow shirt and shorts, a man in a black business suit, a chef in a white uniform, a man in a blue jumpsuit with a hard hat, a woman in a green jumpsuit, a man in a black business suit, and a woman in a blue jumpsuit with a hard hat and a briefcase.

Labor Day celebrates ALL Americans in the workforce - approximately **170 MILLION PEOPLE!**

The "Fair Labor Standards Act" of 1938 established the 40-hour workweek. Before this, it was common to work 12 hours a day.

President Grover Cleveland made Labor Day a national holiday on **JUNE 28, 1894**

©LPi

# MENU

SEPTEMBER 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> 	<p>2</p> <p>Pulled BBQ Pork Sweet Potato Fries Steamed Corn Applesauce WG Bun Milk</p>	<p>3</p> <p>Mac &amp; Cheese Seasoned Broccoli Mandarin Oranges WG Roll Milk</p>	<p>4</p> <p>Breaded Veal Squash Medley Blueberry Crisp WG Bun Milk</p>	<p>5</p> <p>Deli Sandwich on WG Croissant Tomato Cucumber salad Pickle Spear Fresh Orange Milk</p>
<p>8</p> <p>Sweet &amp; Sour Chicken Seasoned Snap Peas Pineapple Tidbits WG Brown Rice Milk</p>	<p>9</p> <p>Homemade Meatloaf Mashed Potatoes Glazed Carrots Apple Slices WG Roll Milk</p>	<p>10</p> <p>Pasta Alfredo w/ Chicken Seasoned Peas House Salad WG Breadstick Milk</p>	<p>11</p> <p>Personal Pizza California Blend Fresh Banana Wheat Bread Milk</p>	<p>12</p> <p>Egg Salad Lettuce/Tomato/Onion Baby Carrots Diced Pears WG Croissant Milk</p>
<p>15</p> <p>Sloppy Joes Au Gratin Potatoes Sliced Apples WG Bun Milk</p>	<p>16</p> <p>Lasagna House Salad WG Cornbread Grapes Milk</p>	<p>17</p> <p>Chicken Enchilada Casserole Corn &amp; Black Bean Salad Peaches Milk</p>	<p>18</p> <p>Breaded Chicken Leg Mashed Potatoes Glazed Carrots Tropical Fruit WG Roll Milk</p>	<p>19</p> <p>Ham &amp; Cheese Sandwich Cowboy Corn Salad Mandarin Oranges WG Bun Milk</p>
<p>22</p> <p>Pork Chop w/ mushroom sauce WG Wild Rice Steamed Broccoli Fresh Apple Milk</p>	<p>23</p> <p>Parmesan Chicken Marinara Pasta Green Beans Diced Peaches WG Breadstick Milk</p>	<p>24</p> <p>Salisbury Steak Mashed Potatoes Glazed Carrots Fresh Pear WG Roll Milk</p>	<p>25</p> <p>Chicken Patty WG Bun California Blend Pineapple Tidbits Milk</p>	<p>26</p> <p>Chicken Salad on WG Croissant Baby Carrots Potato Salad Fresh Grapes Milk</p>
<p>29</p> <p>Grilled Chicken Breast Seasoned Green Beans Pear Crisp WG Roll Milk</p>	<p>30</p> <p>Hamburger on WG Bun Lettuce/Tomato/Onion French Fries Fresh Apple Milk</p>		<p>Call the center for A complete list of ingredients 419.946.4191</p>	<p>WG= Whole Grain</p>

## HAPPY BIRTHDAY!

Ruth Baughman

Connie Sharrock

Dorothy Clark

Marilyn Short

Doris Coldwell

Richard Sliger

Dixie Gautier

Cam Taylor

Rudy Gilbert

Katie Young

Janet Hamermiller

Al Curry

Clark Lloyer

James Jackson

Phyllis May

Jerry Rodgers

Martha Nutt

Betty Osborn

Phil Raney

Jane Rinehart

Betty Runge



**This Newsletter is published by:**

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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 4:30 pm**

**Visit us online at [www.seniorsoncenter.org](http://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.