

SENIOR MOMENTS

Morrow County's Monthly Newsletter September, 2026

From the  of the Director...

Tips for Healthy Eating as We Age

Good nutrition plays an important role in how well you age. Eating a healthful diet helps keep your body strong and can help reduce your risk for heart disease, diabetes, stroke, and osteoporosis. Studies even show a link between healthful eating and longevity.

1. Avoid empty calories.

Foods with empty calories may contain very few vitamins and minerals. "Convenience foods," such as packaged snacks, chips and sodas, are common sources of empty calories. Avoid the "bad" carbs — foods that have white flour, refined sugar, and white rice.

2. Choose nutrient-rich foods.

Eat a variety of foods. The more you vary the foods you eat, the more vitamins, minerals, and other nutrients you get. For example:

- **Eat lots of fruits and vegetables.** Choose fresh, frozen, or no-salt canned vegetables and fruits in their own juice or light syrup.
- **Eat foods with protein.** Protein is found in lean meat, fish, poultry, eggs, and cheese, cooked beans, peanut butter, and nuts and seeds.
- **Get enough calcium and vitamin D.** Calcium and vitamin D are found in milk and milk products, including yogurt and cheese. They are also in green leafy vegetables (spinach, kale, collard greens) and tofu.
- **Include foods high in vitamin B12.** After 50, the body produces less gastric acid and absorbs less B12, which helps keep blood and nerves vital. B12 is found in milk, meat, poultry, fish, and eggs.

Eat high-fiber foods. This includes fruits, vegetables, cooked dried beans, and whole grains.

3. Drink plenty of fluids.

Drink plenty of fluids, enough so that your urine is light yellow or clear like water. Fiber and fluids help with constipation.

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 **September 23, 2026** from 1:00 –2:00 pm. We will discuss “The Frozen River” by Ariel Lawhon.



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 Woodside for bingo on September 8 from 12:00-1:30 pm. Tiffany with Cornerstone Caregivers will be with us on September 15. September 22 we will have bingo with Cortney with Ohioans Home Health. and September 29 with Lisa with Gentiva Hospice. 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, September 11 AND September 25 from 12:30-1:30 pm. We would like RSVPs but you are more than welcome to just come.



EUCHRE

Do you enjoy playing Euchre? We will be playing Euchre on Thursday, September 3, 10, 17, and 24, 2026 at Noon.



MUSIC

Monday, September 7 NO MUSIC due to holiday. Monday, September 14 we will have our Open Mic night. Monday, September 21 is To Be Determined. September 28 will enjoy Gospel/Hymn and Jazz Music with the Skudders at 6:00 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!

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

Senior Levy Facts

Morrow County Senior Levy Protecting What Matters Most — Our Seniors

This 0.5 mill RENEWAL levy, funds essential services that help local seniors remain independent and healthy in our community:

- Nutritious Meals (Congregate & Home-Delivered). **40,317 meals served in 2025**
- Reliable Transportation to Medical Appointments. **123,095 miles driven in 2025**
- In-Home Support Services
- Senior Center Programs & Activities
- Caregiver Support & Respite Care

A wise investment in our neighbors, parents, and grandparents.

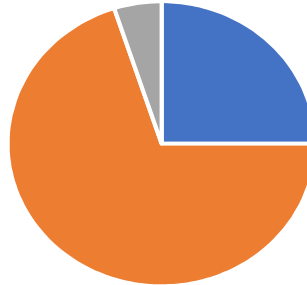
Small Cost • Huge Return Costs the owner of a \$100,000 home about \$17.50 per year

? **Paid for by local property taxes**

? **Supports local jobs & services**

? **Keeps seniors out of expensive nursing homes**

How we are funded



■ Federal Funds- 25% ■ Levy Settlements- 70% ■ Project Income- 5%

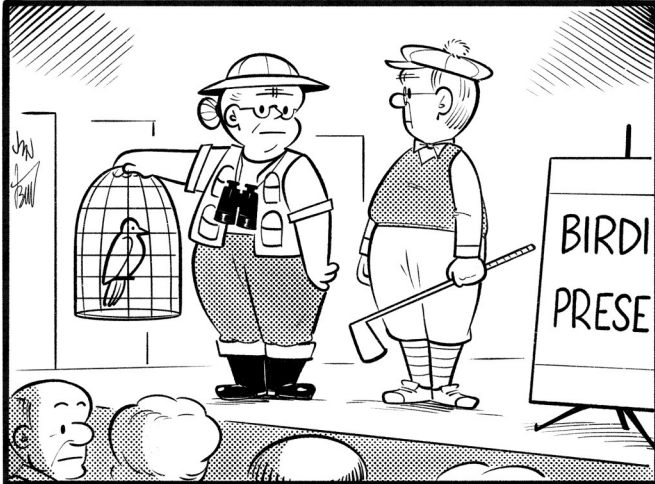
How we are funded;

- **25% of our Operating Budget from funds from Older American Act**
- **5% of our Operating Budget from donations from seniors and their families**
- **70% of our Operating Budget from local levy tax dollars.**

**This is why we need YOU!!
VOTE on November 3, 2026**

Paid for by Morrow County Seniors Levy Committee, David Keefer, Treasurer
41 W. Center Street, Mount Gilead, Ohio 43338

SERVICES



There was a slight misunderstanding on the Birdie Presentation at the library.

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 10, 2026** from 9:00 am to 1:30 pm.

Cost for this service is **\$45.00** 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, September 22
from 9:00 to 12:00**

Equal opportunity provider

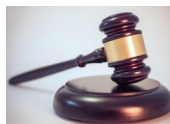


We Will Be
CLOSED
on
LABOR DAY

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.



SEPTEMBER EVENTS AND IMPORTANT DATES

Monday	Tuesday	Wednesday
	1 Senior Day at the Fair 9:00 am to 1:30 pm	2 8:30 am Sassy Seniors 10:00 am Trip to Oakland Nursery and Cracker Barrel 11:30 am Lunch @ Center
7 	8 9:30 am: PERI Chap 73 meeting Morrow County Historical Society 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Woodside Village 6:00 pm– Karaoke	9 8:30 Sassy Seniors 10:00 am Plant Swap 11:30 am Lunch @ Center 12:30 pm– Board Meeting
14 8:30 am Sassy Seniors 10:00 am– Computer help w/ Cowen 11:30 am Lunch @ Center 1:00 to 3:00 pm– Week 5 - W.I.S.E. 6:00 pm– Open Mic	15 11:30 am Lunch @ Center 12:00-1:30 pm Bingo with Tiffany with Cornerstone	16 8:30 am Sassy Seniors 10:00 am– Craft– Mosaics 11:30 am Lunch @ Center
21 8:30 am Sassy Seniors 10:00 am– Computer help w/ Cowen 1:00 to 3:00 pm– Week 6 - W.I.S.E. 11:30 am Lunch @ Center 6:00 pm– TBD	22 9:00 to 12:00 pm Commodities 11:30 am Lunch @ Center 12:00-1:30 pm Bingo Courtney/ Ohioans Home Health	23 8:30 am Sassy Seniors 10:00 am Movie and Treat “Father Goose” 11:30 am Lunch @ Center 1:00 to 2:00 pm Book Club
28 8:30 am Sassy Seniors 10:00 am– Computer help w/ Cowen 11:30 am Lunch @ Center 12:00 pm: Lunch and Learn– 6:00 pm– Gospel/Hymn and Jazz Music with the Skudders	29 10:00 am– “Ending the silence for grandparents” 11:30 am Lunch @ Center 12:00-1:30 pm Bingo Lisa with Gentiva Hospice	30 8:30 am Sassy Seniors 11:30 am Lunch @ Center

SEPTEMBER EVENTS AND IMPORTANT DATES

Thursday	Friday	 Emma & John Scroggins 9/4 Geri & Michael Park 9/4 Jan & John Johnson 9/6 Tom & Suzanne Kirby 9/15 James & Eleanor Cole 9/18 Mark Schemmel & Deborah Wadworth 9/16 Donald & Carol O'Brien 9/22 Cheryl & Bruce Young 9/22
3 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	4 8:30 am Sassy Seniors 11:30 am Lunch @ Center	
10 9:00-1:30 pm -Lauren Johnson 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre 1:00 to 3:00 pm – Medicare with Marc	11 8:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study.	
17 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	18 8:30-9:30 am Sassy Seniors 10:00 am – Lunch Crew to Olive Garden	
24 10:00 am Walking Club 11:30 am Lunch @ Center 12:00 pm Euchre	25 8:30-9:30 am Sassy Seniors 11:30 am Lunch @ Center 12:30-1:30 pm – Bible Study.	

SENIOR GROUPS

LUNCH and LEARN

The Lunch and Learn will meet on
September 28, 2026.
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
Cancelled due to Labor Day

LUNCH AT LEGION HALL
1549 COUNTY ROAD 26,
MARENGO, OH,
MONDAY, September 21, 2026 AT
12 NOON
JUDY JONES 567-231-9339

Word Search

Birds of a Feather

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

Word List:

ALBATROSS
 BLUEBIRD
 COWBIRD
 GOLDFINCH
 HAWK
 KILDEER
 NUTHATCH
 ROBIN
 STARLING
 WHOOPINGCRANE

BALDEAGLE
 BLUEJAY
 CROW
 GRACKLE
 HUMMINGBIRD
 LOONS
 PELICAN
 SANDPIPER
 TUFTEDTITMOUSE
 WOODPECKER

BALTIMOREORIOLE
 CARDINAL
 FALCON
 GREATBLUEHERON
 INDIGOBUNTING
 MOCKINGBIRD
 PIGEON
 SEAGULL
 TURKEYVULTURE
 WOODTHRUSH

BLACKBIRD
 CHICKADEE
 FLYCATCHERS
 GROSBEAK
 JUNCO
 MOURNINGDOVE
 PURPLEMARTIN
 SPARROW
 WARBLER
 WREN

MENU

SEPTEMBER 2026

Monday	Tuesday	Wednesday	Thursday	Friday
WG= Whole Grain	1 NO Meal Delivery Due To Senior Day At the fair	2 Chicken Tomato Medley w/ Rice Spinach Squash Applesauce Milk	3 Hamburger Soup Broccoli Bun Milk	4 Ham & Cheese Sandwich Broccoli/Cauliflower Salad Pickled Beets Mandarin Oranges WG Bun Milk
7 	8 Chicken Parmesan Sliced Potatoes Green Beans Peaches WG Roll Milk	9 Shredded Beef Roasted Sweet Potatoes Sweet Corn Fruit Mix Bun Milk	10 Grilled Chicken Seasoned Potatoes Lima Beans Tropical Fruit Salad WG Roll Milk	11 Tuna Salad on WG Croissant Potato Salad Broccoli Salad Fresh Grapes Milk
14 Sloppy Joes Baked Beans Tater Tots Pineapple WG Bun Milk	15 Meatball Sub Italian Green Beans Fruit Mix Hot Dog Bun Milk	16 Salisbury Steaks Mashed Potatoes Sweet Corn Fruit Cocktail WG Roll Milk	17 Breaded Veal Scalloped Potatoes Green Beans Peaches WG Bun Milk	18 Chicken Salad Three Bean Salad Tomato Wedges WG Croissant Apricots Milk
21 Corn Dog Roasted Sweet Potatoes Green Beans Fruit Mix Milk	22 Chicken Pot Pie Diced Carrots Peas Apple Slices Milk	23 Orange Chicken Brown Rice Kyoto Veggie Blend Sugar Snap Peas Pineapple Milk	24 Alaskan Pollock Scalloped Potatoes Green Beans Peaches WG Roll Milk	25 Beef and Cheese WG Bun Black Bean Salad Potato Salad Lettuce Tomato Fresh Orange Milk
28 BBQ Pulled Pork Sweet Potato Tots Sugar Snap Peas Apple Slices WG Bun Milk	29 Goulash Broccoli Mandarin Oranges WG Roll Milk	30 Meatloaf Mashed Potatoes Peas & Carrots Fruit Salad WG Roll		Call the center for A complete list of ingredients 419.946.4191

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

If you have any updates to this list,

Jane Rinehart

Please contact the center at

Betty Runge

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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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.