



Highland County Senior Citizens Center
The Rosalie Morgan & N. James Bodenhamer Senior Center



NEWSLETTER

185 Muntz Street, Hillsboro, OH 45133 937-393-4745 Mo,Tu, Fr 9:00am-3:00pm

Mechell Karnes, Executive Director

-Established 1970-

Rhonda Purdin, Director of Foods

PUBLICATION BY MECHELL KARNES

See our activities schedule on page 6 of this newsletter



Tell all your friends and neighbors that the senior expo event of the year will finally be here this October. We are excited to see all the businesses, guests and costumes at the event. The event is free to attend but businesses pay a fee for a booth and that is the fundraising aspect of the event. We will see you at the Highland County Senior Citizens Center's annual fun event: Healthy Halloween Senior Expo

OVER 60 BUSINESSES WITH PRIZES AND INFORMATION AT EXPO- OCT 7

Free giveaways all day! Plus, prizes from every booth, a costume contest, and valuable resources—don't miss it!

🎃 Don't Miss the Healthy Halloween Senior Expo! This year's Healthy Halloween Senior Expo will be our biggest one yet—and you're invited! With over 60 businesses and organizations under one roof, this event is packed with valuable information, resources, and prizes just for you. Here's how it works: when you arrive, you'll sign your name on a ticket that goes into the Center's (Continued on page 2)

EVERY RENEWAL COUNTS: HELPING THE CENTER STAY VIBRANT FOR ALL

Renewing ensures the Center can meet rising expenses while keeping the benefits you enjoy every day. Please consider renewing for your center.

Just like our homes, the Center feels the rise in costs—but with your care and renewal, we'll continue to provide the activities, meals, and friendships that we all cherish. Please consider your renewal.

As you know, at the July 16th, 2025

meeting, the Board of Directors voted to increase the annual membership dues to \$50 effective January 1st, 2026. We know we discussed this change in our last quarter's newsletter, (Continued on page 15)



Pictured, is our senior expo event a few years back. There were over 200 from the public that attended this event. We have more businesses than ever attending this year's expo and we are excited to help provide this information to our seniors and their adult families. We look forward to also learning more about what is offered in our community and surrounding communities. The event is also a great day with friends, games and live music to enjoy.

(Senior Expo Cont. from page 1)
prize drawings, happening all throughout the day. Then, as you visit each booth, you'll be able to sign up for that business's giveaway. That means every booth has its own raffle prize—and the more booths you visit, the more chances you have to win!

But that's not all... At 2:00 p.m., when the Expo ends, Business Bingo begins! Each business is not only bringing a raffle prize for their booth, but they're also bringing another prize just for Bingo. With over 60 Bingo prizes up for grabs, the fun keeps going! Everyone gets one free Bingo card, and if you'd like to boost your chances, extra cards will be available for just \$3 each.

This expo has been in the works since spring, and it's built especially for seniors and their adult families. This event is for adults only. You'll have the opportunity to meet the businesses face-to-face and learn about the services they provide, so you can make connections and gather the information you need.

Whether you're planning for your own future or caring for a loved one, this is the event to attend! Don't forget—the kitchen will be serving a special, delicious menu, with all proceeds going directly to support the Senior Center's food programs. Plus, while there will be tons of free raffles all day long, we'll also have some special raffle items available for purchase, with those proceeds helping to support the Center's operations.

🌟 And remember—it's not only informative, but super FUN too!
👉 Costume Contest: Come dressed in your Halloween best! The contest will take place around 1:00 p.m. (or a little after). Prizes will be awarded to the top three costumes:

- 🥇 1st Place – \$50 Gift Card
- 🥈 2nd Place – \$30 Gift Card
- 🥉 3rd Place – A special gift

🎃 Pumpkin Decorating Contest (Businesses Only): Our participating businesses will be bringing some amazing decorated pumpkins for you to see and vote on. The public will judge the (Cont. on page 9)

HIGHLAND DISTRICT HOSPITAL

937.393.6100
www.HDH.org

👉 It's Almost Time for 100 Turkey Bingo! 🎉

Get ready for one of our biggest and most exciting fundraisers of the year—100 Turkey Bingo! This event is not only a favorite but also a vital fundraiser that helps keep the Senior Center running strong. The public is invited to this event. You don't have to be a member or a resident of Highland County to attend. You can live anywhere and join in on the bingo fun! The event is Saturday, November 1st. Doors open at 11:00 a.m., with games starting at noon until about 3:00 p.m. or until the turkeys are all gone!! There are over 100 turkeys as prizes!!

👉 Important Details:

- You must be 18 or older and have an admission ticket to attend.
- There are two kinds of admission tickets—advance tickets and at-door tickets
- 👉 Advance Ticket Sales have begun! \$20 per ticket and includes 4 bingo cards. (Continued on Page 3)

(Turkey Bingo, Continued from Page 2) Each advance ticket also doubles as a scratch-off card—you could win a turkey instantly just for buying early! If you don't win a turkey, you'll win a roll of paper towels. Your odds for winning a turkey in advance is about 50%!!

-Only 100 advance tickets are available—first come, first served!

-Available at the Center with cash or check, or with card online on our website at HighlandSeniors.com while supplies last.

At-Door Tickets will also be available the day of the event. These tickets also include four bingo cards and all bingo supplies, but they are not scratch off tickets. Only advance tickets are scratch off tickets.

💰 Raffles & Food:

-Raffle tickets will be sold leading up to and during the event.

-Thanks to Hillsboro Lowe's, we have a rolling toolbox to raffle off—plus a few other awesome items you won't want to miss!

-Bring extra cash for food—the

kitchen will have a delicious menu and with all kinds of snacks, and all proceeds support our food programs. -Raffle proceeds benefit the Center's operations.

🎉 Why You'll Love It:

We know how much people love bingo—and nothing beats the thrill of winning a turkey (or two... or six!). There's no prize limit. If you bingo 6 times, you'll go home with 6 turkeys! It's all about fun, friends, and fundraising to keep the Center going strong. (Continued on page 9)



Let's get **STRONGER!**

Gym included in your membership
-9 hydraulic pieces gentle on joints
-Recumbent bikes-low to ground
-Work out at your pace and level!



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Walmart is a big supporter of our Senior Center!

Top: Pictured is the Hillsboro Walmart team with our membership. They generously donated \$3,000 again this year to support our food programs. Below: Walmart Washington Court House Distribution Center (photo from last year) also donated \$3,000 to help with our operations. These generous annual contributions are already part of our budget, and we deeply appreciate Walmart's continued dedication to our seniors. The senior center enjoys shopping at Walmart!



Our annual event, Healthy Halloween Senior EXPO

Highland County Senior Citizens Center

The public is invited * Adults only

Tuesday,
OCTOBER

f 7th

FREE TO ATTEND!

Bring some cash for lunch & for some awesome raffles!

10am - 2pm (doors open: 10am)
Free bingo starts at 2pm

Resource Information Fair for seniors and their families!

OVER 60 BUSINESSES ATTENDING!

FREE Give-a-ways * Raffles * Prizes! FREE BINGO
* Costume Contest * Live Music * Public Invited-
adults only * Businesses from Highland &
Surrounding Counties for all your information needs



FIFTH THIRD BANK



Altha Bodner Insurance
Copper Knoll Health & Rehab
Cynthia Grotsky Senior Insurance

Court House Manor
Hospice of Hope
Humana: Jessika Ellis
Wise Home Care

Highland County Senior Citizens Center's

Home Delivered Meals!

Made fresh and delivered hot to your door!



Serving the City of Hillsboro * Passport and private pay clients * Dietician approved meals.

MARK YOUR CALENDAR FOR THE FOLLOWING SPECIAL DATES.

Please see page 6 for our closings for holidays, and prep and take down of fundraising events.

Ohio Dept. of Insurance Medicare Counseling, appointment only: Friday, Oct 17

Ohio Dept. of Insurance Medicare Counseling, appointment only: Tuesday, NOV 4

Healthy Halloween Senior Expo: Tuesday, October 7th- No activities, expo only

100 Turkey Bingo: Saturday, November 1st (Limited Advance Tickets go on sale- September 2nd)

Ohio Dept. of Insurance Medicare Counseling, appointment only: Tuesday, DEC 2

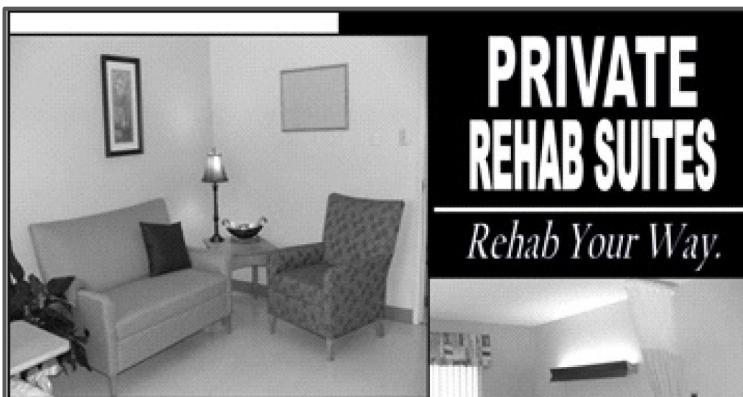
Membership Christmas Parties, Bleach Party and more dates: TBA

More dates could be added, ask the Front Desk. Look for flyers for center and community events above our coat rack at the center's front door.

Director Mechell Karnes attends networking meetings to keep the Center connected with local businesses. At a recent meeting hosted by Bell Gardens Place, but held at the Senior Center, Bells invited the Ohio Attorney General's office to give a presentation on identifying and protecting yourself against scams. About 30 members attended. This event was shared between newsletters. Stay updated on events like this on our Facebook page or the flyer holder on the coat rack.

The full presentation can be found on our Facebook page.

Pictured Right: Presenter from the Attorney General's Office at event.



**PRIVATE
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Rehab Your Way.



For more information, call us at:
(937) 393-1925



NCB OFFERS TELEPHONE AND INTERNET SOLICITATIONS TIPS

- Be suspicious of any unsolicited offer made by telephone, on a website or in an email.
- If you receive a phone call that seems to be an attempt to gain information, hang up or end the call. Be aware that area codes can be misleading. If your Caller ID displays a local area code, this does not guarantee the caller is local.
- Do not respond to an unsolicited email that requests any personal identifying information.
- Before responding to a telephone or Internet offer, determine if the person or business making the offer is legitimate.



National Cooperative Bank

HILLSBORO
139 South High Street
(937) 393-4246
www.ncb.coop

MONDAY, TUESDAY, FRIDAY: 9:00 A.M. - 3:00 P.M.

Various Games/Activities

Puzzles

Billiards

STRONGER Gym

SPECIALS:

	TIME:	SPONSORED BY:
Chair Volleyball Prize Day	2nd Tuesday of the month- Prizes awarded	Sponsored by: Queen City Hospice
Chair Volleyball Prize Day	2nd Friday of the month-Prizes awarded	Sponsored by: Ohio's Hospice
Chair Volleyball Prize Day	3rd Tuesday of the month-Prizes awarded	Sponsored by: Heartland Hospice
Blood Pressure Checks	2nd Tuesday of the month, 10:30am-11:30am	Provided by: Hospice of Hope
Mental Health Checks	3rd Tuesday of the month, 10:30am-11:30am	Provided by: Highland District Hospital
Blood Pressure/Sugar checks	4th Tuesday of the month, 10:30am-11:30am	Provided by: Highland County Health Department

We're looking for more sponsors for chair volleyball, Bingo, Bunco and billiards. Contact Mechell Karnes: 937-763-1904

-Prizes are household items that you can use, such as paper towels, a bag a chips, tissues, dish soap, toilet paper and gift cards-

BINGO

	TIME:	SPONSOR:
1st Monday of every month	12:30 p.m.	Hospice of Hope
2nd Monday of every- OTHER- month	12:30 p.m.	Bell Gardens Place
3rd Monday of every month	12:30 p.m.	Bring a small gift for prize- call Front Desk for details
Last Monday of every month	12:30 p.m.	No sponsor at this time

NOTE: If there are 5 Monday's in a month, the 4th Monday there is no bingo sponsor. Bring a gift as a prize until further notice.

LIVE BANDS

All bands break for lunch from 11:30 a.m. to 12:30 p.m.

Monday:	10:00 a.m. - 1:30 p.m.	Trailblazer Band
Tuesday:	10:00 a.m. - 1:30 p.m.	The Sunshine Band
Friday:	10:00 A.M. - 1:30 p.m.	Wires and Wood



DAILY SCHEDULE:

TIME:

INSTRUCTOR/SPONSOR:

MONDAY:

STRONGER Gym	9:00 a.m. - 3:00 p.m.
Various card games	9:00 a.m. - 3:00 p.m.
Cornhole	9:00 a.m. - 10:00 a.m.
Chair Volleyball	10:00 a.m. - 11:00 a.m.
Euchre	10:00 a.m.
Bingo (see above details)	12:30 p.m. - 1:30 p.m.

TUESDAY:

STRONGER Gym	9:00 a.m. - 3:00 p.m.
Various card games	9:00 a.m. - 3:00 p.m.
Cornhole:	9:00 a.m. - 10:00 a.m.
Color Pencil Group -Free hand, pro or beginners	9:30 a.m. - 3:00 p.m.
Chair Volleyball	10:00 a.m. - 11:00 a.m.
Euchre	10:00 a.m.-
Bunco (Noon Lunch Break)	11:00 a.m. - 2:00 p.m.

WEDNESDAY: CLOSED - Home Delivered Meals will be delivered

THURSDAY: CLOSED - Home Delivered Meals will be delivered

FRIDAY:

STRONGER Gym	9:00 a.m. - 3:00 p.m.
Various card games	9:00 a.m. - 3:00 p.m.
Cornhole	9:00 a.m. - 10:00 a.m.
Chair Volleyball	10:00 a.m. - 11:00 a.m.
Oil, Acrylic, Colored Pencil- Multi Medium Art Group	9:30 a.m. - 3:00 p.m.
Euchre	10:00 a.m.
Line Dancing: Beginner or advanced	11:00 a.m. - 12:00 p.m.

Need a ride to the center? FRS Transportation provides several of our out-of-town and local members transportation to and from the center at an affordable rate. The senior center is not affiliated with FRS. Call FRS at 937-393-0585.

Join us for lunch
\$5 - Monday, Tuesday & Friday
AT NOON ON THE DOT!

Mark Your Calendar

We will be closed on...

Monday, May 26th - Memorial Day

Friday, July 4th - Independence Day

Monday, September 1st- Labor Day

Monday, October 6th- Senior Expo Prep

Friday, October 31st- 100 Turkey Bingo Prep

Friday, November 28th- Thanksgiving Break

**Monday, December 22nd - Friday, December 26th
-Christmas Break**

These dates could
change or be updated

Calendar Questions:
937-393-4745



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Speech Therapy
Licensed Social Worker
Home Health Aide
All from the comfort of your home

Insurance Questions? I can help you!

Have you done a Medicare Review?

This year, you'll want to do one.

Do you know what the benefits are for 2025?

Would you like to get money back from paying for your Part B?

Could you use some extra money each month to help you with food and/or pay your rent/utilities?

*These are just a few things I can help you with.
Give me a call and we can chat.*

Give me a call and we can chat

614-557-2054

Cynthia Grotsky

Independent Sales Agent/Senior Advocate



Free Services at the Center

See page 6 for days and times for services

Sugar checks, blood pressure checks, heart rate checks, mental health checks, healthy snacks and recipes.



Sudoku- Difficulty: Expert Answers: p. 13

Puzzle A

9	7			5		6
1		4				
	4	2	9			
	2		5		4	9
	6	9		2	8	
9	3		4		7	
		7	1	9		
		4				8
6		5		2	7	

Puzzle B

5	2		6		9	
	3	2		5		
			7			4
6	1			3		
5	2	1		8	7	6
	2			4	1	
7		6				
	4		1		6	
1			3		4	8

HIGHLAND COUNTY SENIOR CITIZENS CENTER'S ANNUAL FUNDRAISING EVENT:

-ONE-HUNDRED-
TURKEY BINGO

BENEFIT FOR THE SENIOR CENTER

OVER 100 TURKEYS PRIZES!!

NO PRIZE LIMIT!!



SATURDAY, NOV 1ST

**HIGHLAND COUNTY SENIOR CITIZENS CENTER * PUBLIC INVITED *
MUST BE 18+ TO ATTEND**

**ADVANCE TICKETS ARE LIMITED AND ON SALE NOW WHILE SUPPLIES LAST!
ONLY ADVANCE TICKETS ARE SCRATCH-OFF TICKETS FOR A CHANCE TO WIN A
TURKEY BEFORE THE EVENT!!**

AT-DOOR-TICKETS AVAILABLE DAY OF EVENT BUT ARE LIMITED

THE KITCHEN WILL BE OPEN WITH YUMMY LUNCH, DRINKS AND SNACKS

**DOORS OPEN: 11AM
GAMES: 12PM UNTIL TURKEYS ARE GONE- ABOUT 3PM**



Hillsboro
Health & Rehab

 **TRUSTWELL LIVING**
BELL GARDENS PLACE

 **HIGHLAND**
DISTRICT HOSPITAL



FRS
TRANSPORTATION

Queen City Hospice
Adams County Manor and Home Health
Edward Jones - Financial Advisor:
Mathew E Greene, CFP® | AAMS®

(Senior Expo Cont. from page 2) pumpkins, and 1st, 2nd, and 3rd place will be awarded to the winning businesses. Don't miss the chance to check out these creative and fun displays!

♪ Live Band & Prize Game Show: Enjoy live music during the expo, and during the band's intermission, we'll host a special game show event—packed with even more prizes and guaranteed laughs!

🎁 Raffles & Door Prizes

🎉 Business Bingo with 60+ prizes!

📅 Tuesday, October 7th

⌚ 10:00 a.m. – 2:00 p.m. (Expo)

⌚ 2:00 p.m. – Business Bingo

Last year, more than 250 people from across multiple counties attended—and this year, we're planning for even more! Admission is free, though we encourage you to bring some cash for raffles, lunch, or extra Bingo cards.

🌟 So mark your calendar, plan your costume, and bring your friends—this is one event you absolutely won't want to miss! –

**What will you dress up as?
Be sure to vote for your favorite
pumpkins!**

(Turkey Bingo, Continued from page 3) 🙌 Open to the Public: You don't have to be a member to join in—but remember, you must be 18+ to attend.

🌟 Special Thanks to Our Sponsors:

-Platinum: Hillsboro Health and Rehab

Gold: FRS Transportation, Trustwell Living at Bell Gardens Place, Highland and Adams County Homecare, Highland District Hospital

-Silver: Edward Jones – Financial Advisor: Mathew E Greene, CFP®|AAMS®, Queen City Hospice, AMC

The Washington Court House Walmart Distribution Center is also donating 100 turkeys!! Wow, that is almost all the turkeys that we need for the event. That is a huge help so we can focus on bringing in more funds for the center's operation. We appreciate their generosity!

Turkey prizes will weigh between 11 pounds and 16 pounds- nice sized turkeys!!

🌟 So grab your tickets, bring your friends, and let's play BINGO! Come ready to shout, cheer, and win those turkeys—it's going to be a blast! –

A Note on the Vantage Program

For over 25 years, our Center has proudly partnered with the Vantage program, a government-funded job training initiative. As a training site, we provide opportunities for participants to gain work experience while helping us with essential tasks like janitorial and kitchen work. Their wages are covered by the program—at no cost to the Center.

While the program was temporarily paused this summer, and we were not provided a timeline when they would return, we're happy to report it restarted on October 6th. However, Congress will decide by June 2026 whether the program continues long-term. If it ends, the Center would need to hire staff to fill those roles, which would significantly increase our expenses—as we discussed in last quarter's newsletter. We remain hopeful the program will be renewed, as it has been an incredible partnership that benefits both the participants and the Senior Center. –



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A Cleaning supply shower for the center's kitchen

BLEACH PARTY!

CAKE, PUNCH, CHAIR
VOLLEYBALL, & FUN!

Donations of bleach start now

Party is Friday, November
7th @1pm

Sponsored by:



Bring the most ounces of bleach and win!

The Health Department allows for unscented bleach

Grand prize: \$100 Gift Card

A special "thank you" to:

The Senior Center made it famous signature Caramel Chocolate Apples this past apple season- for the 4th year- for a great fundraising turn out! This was possible because of the following folks:

A HUGE thank-you to our sponsors:

- ★ Platinum: VFW Post 9094, Todd Heskett – Heskett Insurance, SFM Insurance
- ★ Gold: Washington Court House Manor
- ★ Gold: Hillsboro Health & Rehab

And THANK YOU to The Porch and Karnes Orchard for allowing us to sell our apple treats at their place and supporting our seniors!

Thank you also to those who purchased our treats to help support us. Some of our local businesses who placed large orders of 100 or more treats: Hobart in Hillsboro and Huhtamaki in New Vienna. Thanks for the hard work from staff and volunteers too!



628 treats made & sold
\$6,280 raised!

TURNER



FUNERAL HOMES AND CREMATORIES



TURNER



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FAMILY
SERVING
YOURS!

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HOSPICE of HOPE

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A DIFFERENCE?**

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can make a difference by getting
involved and volunteering!

800.928.4848

Word Search: Fruits and Veggies in Season in October



APPLE
ARbutus
ARTICHOKEs
BANANA
BEAN
BEET

BROCCOLI
CABBAGE
CAROB
CAULIFLOWER
CELERIAC
CHARD

CHESTNUT
CHICORY
DATES
FIG
GRAPE
HORSERADISH

LEEK
LETTUCE
MUSHROOM
OKRA
ONION
PARSNIP

PEA
PEAR
PEAR
PERSIMMON
PINEAPPLE
PLUM

POMEGRANATE
POTATO
PUMPKIN
QUINCE
RADICCHIO
RADISH

SCORZONERA
SPINACH
TURNIP
WATERCRESS

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www.trustwellliving.com

At Trustwell Living, we are family caring for family

Our compassionate, resident-centered community offers assisted living, respite care, a robust activities calendar, housekeeping and laundry services, restaurant-style dining, medication assistance, and personalized care plans.

**FRS
TRANSPORTATION**

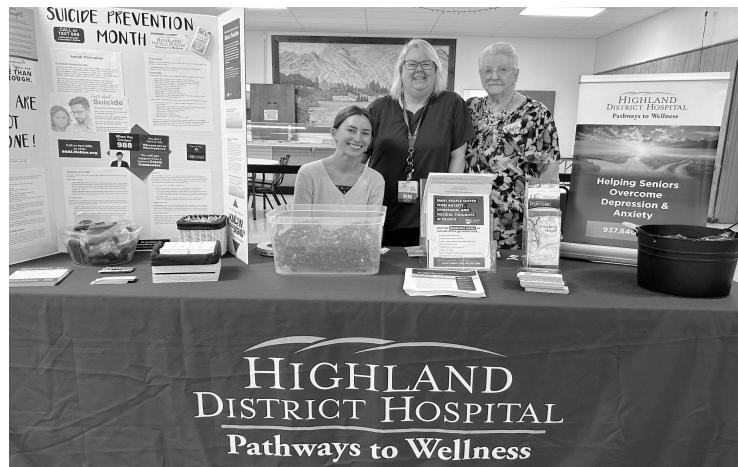
Need a ride to and from the senior center, the grocery store or a doctor's appointment? Contact us to learn about our safe, reliable and affordable transportation for Highland and surrounding county residents.

Passenger assistance boarding and unboarding vehicles upon request

Safe and secure wheelchair transportation

937-393-0585
www.frstransportation.org

Top Right: Members visit the Area Agency on Aging (AAA7) table. Emily from AAA7 will be at the Center once a month to provide helpful information for members and the public. AAA7 offers resources on ombudsman services, nursing facility advocacy, Medicare, legal questions, the Passport program, home health services, and much more. Top Left: The Highland County Board of Elections stopped by to update members on the latest voting information. Bottom Right: Bingo fun! Join us every Monday at 12:30 p.m. for free bingo, sponsored by local businesses with prizes to win. A White Elephant bingo is once a month. Bottom Left: Patsy from Highland District Hospital's *Pathways to Wellness* program visits once a month, to provide support and information to help seniors through grief, difficult times, and mental health challenges.



 **HealthSource**
of Ohio Hillsboro

We make your health a top priority at **HealthSource of Ohio Hillsboro**

- Accepting new patients of all ages
- We accept most insurance plans, including Medicaid, Medicare, and private plans
- We are dedicated to your health and your unique needs

Scan the code or call 937-393-5781 to schedule an appointment today!

HealthSource Hillsboro
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At Greenfield it is our mission to provide individualized, compassionate and innovative healthcare services that will inspire each guest to achieve the full and meaningful life they desire.

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Respite & Extended Care
& Other Tailored Services



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Respite Care
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Teagan McFaddin, Hospice Care Consultant

Teagan.mcfadden@heartlandhospice.com * M: (740) 702.9267 * O: (740) 313.3012



Edgewood Manor

Skilled Nursing & Rehabilitation

We treat our residents like family.

To schedule a tour call us at (937) 981-2165

850 Nellie Street, Greenfield, Ohio 45123



Medicare Questions? Call the
OSHIIP hotline: 1-800-686-1526
The Ohio Department of Insurance

Sudoku answer key. Puzzle on page 7.

Puzzle A

1	7	9	5	8	4	3	6	2
6	4	3	1	2	9	5	7	8
8	2	5	7	3	6	4	1	9
9	5	4	6	7	2	1	8	3
7	6	8	4	1	3	2	9	5
3	1	2	8	9	5	7	4	6
2	8	7	3	6	1	9	5	4
4	3	1	9	5	8	6	2	7
5	9	6	2	4	7	8	3	1

Puzzle B

5	2	7	3	6	4	8	9	1
8	4	3	9	2	1	5	7	6
1	9	6	5	8	7	3	2	4
9	6	1	4	7	3	2	8	5
4	5	2	1	9	8	7	6	3
3	7	8	2	5	6	4	1	9
7	8	9	6	4	5	1	3	2
2	3	4	8	1	9	6	5	7
6	1	5	7	3	2	9	4	8

Highland County Senior Citizens Center's

Ready Meals!



All the grocery shopping, the cooking, the cleaning and the meal prep is done.

Heat and enjoy!

Meals are made hot and fresh by the senior center, cooled, then frozen in our food delivery tray for convenience and easy re-heating.

Ask for Rhonda Purdin, our Director of Food Programs, if you're interested in the center's Ready-Meals. Our Ready-Meals are made hot by the senior center, cooled, then frozen in our food delivery trays for convenience and easy re-heating. Call us to discuss a menu that works for you. Bon appetit!



*Proudly
serving those
who have served!*

HIGHLAND COUNTY VETERANS SERVICES

1575 N. HIGH ST., SUITE 400 - HILLSBORO

937·393·8686

Word Search: Veterans Day- Thank you to our Veterans!



ANNIVERSARY	CELEBRATION	ESTABLISH	FREEDOM	HONOR	MILITARY	PURPOSE
ANNUAL	CONGRESS	ESTEEM	GIFTS	HONORING	NATIONAL	RESOLUTION
ARMISTICE	COUNTRY	FEDERAL	GOVERNMENT	IMPORTANCE	OBSERVANCE	RESPECT
ARMY	DATE	FLAGS	HELP	LEGISLATION	PEACE	SERVICE
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(Membership Renewal, Cont. from page 1) but with membership renewals coming up soon, it's important to share again just how vital your support is. It truly takes every single member to keep the Senior Center going strong. The Center is a wonderful place to be and to support—and it has been a cherished part of our lives, our community and surrounding communities for 55 years. With your help, it will continue to thrive for many more.

Why the Increase Is Necessary

Since the post-COVID era, the Senior Center has faced rising costs in every area—utilities, food, supplies, payroll, and insurance. On top of that, our aging building requires repairs and upgrades that cannot be postponed forever. Despite these challenges, the Board and staff carefully manage every dollar we receive, which comes mostly from donors and the fundraising efforts of staff, members, and volunteers. We've worked hard over the years to grow our fundraising—going from just a few

thousand dollars annually to more than \$54,000. From Elvis Presley nights and Hee Haw shows to peanut butter pies and caramel chocolate apples, we've put in the effort to keep the Center going strong. And we're grateful to generous donors.

But the reality is this: fundraising alone can no longer bridge the gap for our rising expenses, but we will continue to work hard at it. For example, our typical electric bill is about \$2,000 a month. In July, after rate hikes and extreme heat, it reached \$2,037.42. In February, our gas bill nearly hit \$1,200. This year, our total budget is \$248,088. At the current membership rate of \$20, with 316 paying members, dues bring in only \$6,320.

Even at the new rate, we would bring in about \$15,800—if everyone renews. While that's still just a small piece of the budget, it's an essential piece.

Why Your Membership Matters

Your membership is more than just a fee—it's a lifeline. It helps:

- Provide hot, nutritious meals

through our food programs.

- Offer valuable services that make daily life easier for seniors.

- Support fun activities, events, and entertainment that bring joy.

- Create a safe, welcoming space where friendships are built and memories are made.

It could be looked at this way: \$50 a year breaks down to about \$4.16 a month—or just \$1 a week for the year. An increase hasn't happened in more than 20 years, and yet the Center continues to provide so much in return: inexpensive meals, services, activities, friendship, and so much more. That's a value we believe is still unmatched. Lifetime members, 90+ will still have a free membership.

Planning Ahead

We understand that going from \$20 to \$50 may be a jump, especially for couples. That's why we shared this news well in advance so everyone had time to prepare. One thoughtful member suggested setting aside \$10 a month between July and January to cover the cost. And if the new dues

(Continued on page 18)

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LIFE ENRICHMENT HIGHLIGHTS:
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Activities

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closetohomedr@aol.com

Theresa Clifton
Assistant Administrator
Cell: 937-752-6661
theresacth.4@outlook.com

TRIVIA QUESTIONS & ANSWERS

1. Which singer was known as the "Queen of Soul" and sang hits like Respect and Think?
2. The Beatles famously performed on the Ed Sullivan Show in 1964. How many members were in the band?
3. Who was the U.S. President during most of World War II?
4. The first man to walk on the moon in 1969 was?
5. The 1970s sitcom Happy Days was set in which U.S. city?
6. Which American female singer recorded I Will Always Love You, famously featured in The Bodyguard movie?
7. Which variety show, hosted by a famous entertainer, was known for its comedy sketches and musical performances and ran from 1969 to 1971?
8. Which singer's real name was Robert Zimmerman?
9. Which famous speech begins with "Four score and seven years ago"?
10. In the 1960s TV show The Andy Griffith Show, what was the name of Andy's deputy?

1. Aretha Franklin
2. Four
3. Franklin D. Roosevelt
4. Abraham Lincoln's Gettysburg Address
5. Milwaukee
6. Whitney Houston
7. The Carol Burnett Show
8. Bob Dylan
9. Neil Armstrong
10. Barney Fife



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SENIOR CENTER ANNOUNCEMENTS

The senior center's Board meetings are scheduled for every other month, on the third Wednesday at 5pm. Our next and last Board meeting of the year is scheduled: November 19

Flyers, center and community happenings and announcements are located at the front door of the center.

Please help us sign cards to businesses who support us-sponsoring our fundraisers. Without their support, we would have no senior center. "Thank you" cards are set out by the Front Desk for all members to sign. Thank you!

Interesting Ohio Facts:

The first traffic light in the nation was installed in Cleveland in 1914. Can you imagine the excitement—and maybe confusion—on that first day?

King of the Corn – Ohio is one of the top corn-producing states in the U.S., making it a major part of America's heartland agriculture.

Home of the Pro Football Hall of Fame – Located in Canton, Ohio, it honors the greatest football players, coaches, and contributors in NFL history.

Ohio State Fair – One of the largest state fairs in the U.S., it features everything from giant butter sculptures to live music and countless fair foods.

Covered Bridges – Ohio has more covered bridges than most states, especially in Fairfield, Ashtabula, and Madison counties. Many of these date back to the 1800s.

Famous Foods – Ohio is credited with inventing **buckeyes** (the chocolate-and-peanut-butter treat, not the football team mascot!)

Ohio is known as the "Mother of Presidents." Eight U.S. Presidents were born here, more than almost any other state.

Ulysses S. Grant – 18th President (Point Pleasant, OH)

Rutherford B. Hayes – 19th President (Delaware, OH)

James A. Garfield – 20th President (Moreland Hills, OH)

Benjamin Harrison – 23rd President (North Bend, OH)

William McKinley – 25th President (Niles, OH)

William H. Taft – 27th President (Cincinnati, OH)

Warren G. Harding – 29th President (Blooming Grove, OH)

William Henry Harrison – 9th President (North Bend, OH)

👉 Fun twist: That's actually 7 men but 8 presidencies, because William Henry Harrison (9th President) and his grandson Benjamin Harrison (23rd President) were both born in Ohio!

Word Search: Christmas- The Birth of Jesus

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

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Sudoku Level: Expert.

Answers: page 19

		5	6					
		3	1				9	
8	6		7		3		5	
		7				5	4	
2	5					9	3	
3	9					8		
5		2		7	3	8		
6			3	1				
		5	6					

Puzzle C

		5	7		9			
7			1		3	8		
				6	7	5		
6					5		1	
1		8		4		3		
8		1				6		
5	4	9						
7	3		4			8		
8		5	7					

Puzzle D

5	6	1	2			9		
				5				
				9	4	5		
6	5	7	4				3	
9						7		
4				9	3	5	6	
8	2	9						
	6							
7		3	2	1		8		

Puzzle E

(Membership Renewal, Cont. from page 15) present a true hardship, please let us know—we don't want anyone to feel excluded.

Together, We Keep the Center Strong

This is your Center. Each membership renewal truly counts—not just for the budget, but for the future of our senior community. Even if you're not an active member, or don't make it into the Center as often as you'd like, your renewal still matters—and we are so grateful for it. Together, we can keep the lights on, keep the programs going, and keep our doors open to all who need us.

For 55 years, the Highland County Senior Citizens Center has been part of the lives of seniors and families. With your continued membership and support, it will remain a place of joy, belonging, and care for generations to come. —

OSHIIP: Free Medicare Counseling at the Center

We are proud to host the Ohio Senior Health Insurance Information Program (OSHIIP) at the Center in

October, November and December, to bring free, one-on-one Medicare counseling to our members.

OSHIIP, operated by the Ohio Department of Insurance, provides free, unbiased guidance for Medicare-eligible individuals and their caregivers.

What OSHIIP Offers: guidance on Medicare choices, information on Parts A & B, Advantage (C), Prescription (D), and Medigap, Enrollment help for Medicare and related plans and more.

OSHIIP serves seniors 65+, people with qualifying disabilities, family members and caregivers.

Need to navigate Medicare? Schedule your one-on-one with an OSHIIP counselor appointment with our Front Desk--

Need immediate assistance, call their hotline:



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Simple & Tasty Recipes You Can Make at Home

We love sharing easy recipes that don't take a lot of time or effort, but still taste delicious! These recipes are perfect for a quick meal or sweet treat

Easy Cheesy Baked Potatoes

Ingredients:

- 2 medium baking potatoes
- ½ cup shredded cheddar cheese
- 2 tablespoons sour cream
- Salt and pepper to taste



Instructions:

1. Wash potatoes and poke with a fork a few times.
2. Microwave each potato for 5–7 minutes until tender.
3. Slice open, fluff with a fork, and sprinkle with cheese. Top with sour cream, salt, and pepper.

Tip: Add cooked broccoli or bacon bits for extra flavor!

No-Bake Peanut Butter Cookies

Ingredients:

- 1 cup creamy peanut butter
- ½ cup honey
- 3 cups quick oats



Instructions:

1. In a saucepan, warm peanut butter and honey over low heat until smooth. Remove from heat and stir in oats until well mixed.
2. Drop spoonfuls onto wax paper.
3. Let cool until firm (about 20 minutes).

Tip: Store in an airtight container for a quick snack anytime!

Sudoku Key- in order.
Puzzles are on page 18.

Puzzle C

9	2	3	8	5	6	4	7	1
7	4	5	3	1	2	8	6	9
8	6	1	7	4	9	3	2	5
1	7	6	9	8	3	2	5	4
2	5	8	6	7	4	1	9	3
3	9	4	1	2	5	7	8	6
5	1	2	4	9	7	6	3	8
6	8	9	2	3	1	5	4	7
4	3	7	5	6	8	9	1	2

Puzzle D

3	8	1	5	7	2	9	6	4
7	5	6	4	1	9	3	8	2
4	9	2	3	8	6	7	1	5
6	3	9	7	2	5	8	4	1
2	1	7	8	6	4	5	3	9
8	4	5	1	9	3	2	7	6
5	6	4	9	3	8	1	2	7
9	7	3	2	4	1	6	5	8
1	2	8	6	5	7	4	9	3

Puzzle E

5	4	6	1	2	8	7	3	9
2	3	9	4	7	5	8	6	1
8	1	7	3	6	9	4	5	2
6	2	5	7	4	1	9	8	3
1	9	3	8	5	6	2	7	4
4	7	8	2	9	3	5	1	6
3	8	2	9	1	7	6	4	5
9	5	1	6	8	4	3	2	7
7	6	4	5	3	2	1	9	8



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The Highland County Senior Citizens Center is a 501(C)(3) non-profit organization established in 1970. It is supported solely by membership dues, fundraising activities, private donations and receives no funding from any government entity. A Typical Membership is ages 50-89 and is \$20 for the year, a Lifetime Membership is ages 90+ and is free, an Associate Membership is ages 21-49 and is \$25 for the year. All memberships expire on December 31st. Services are rendered on a nondiscriminatory bases. The center is wheelchair accessible in compliance with the Americans Disabilities Act.

The mission of the Highland County Senior Citizens Center is to promote wellness of the members through recreational, education, and social opportunities.

Our newsletter is supported by our advertisers. Please thank them for making this publication possible, and remember to shop local.

Recognizing the late Dr. James Bodenhamer, our devoted friend and generous supporter, and the late Rosalie Morgan, our founder and longtime Director, our Board of Directors, and our volunteers for their support and dedication to the Highland County Senior Citizens Center.