

**JANUARY
2022**

Pickaway Senior Center

"WE'RE LIVING IT UP"

Pickaway Senior Center

2105 Chickasaw Drive

P.O. Box 565

Circleville, OH 43113

740-474-8831

www.pickawayseniors.org

IMPORTANT DATES:

**MONDAY, JANUARY 3
CENTER CLOSED**

**THURSDAY, JANUARY 6
DRIVE-THRU LUNCH 11:00 AM**

**WEDNESDAY, JANUARY 12
BOARD MEETING 10:15 AM**

**THURSDAY, JANUARY 13
PRODUCE TRUCK 8:00 AM**

**TUESDAY, JANUARY 18
COMMODITIES**

**THURSDAY, JANUARY 27
PRODUCE TRUCK 8:00 AM**



From the Desk of the Director

Happy New Year!! I hope everyone had a blessed and wonderful holiday season. We are certainly looking forward to a better 2022!

Thank you to all who joined us for our Christmas Open House. It was a lot of fun. We hope to make this an annual event!

Coming up this month we will have a grab and go lunch of hot dogs on Thursday, Jan. 6 from 11 a.m. to 12:00 p.m. Please call to RSVP if you would like to pick up a meal that day. The suggested donation is \$3.

The produce distribution days for this month are: Thursday, Jan. 13 and Thursday, Jan. 27 starting at 8 a.m. Produce is distributed on a first come, first serve basis.

Commodity pick-up will be Tuesday, Jan. 18 from 8 a.m. until 1 p.m. A new application is due each year. If you haven't filled one out yet, please let us know and we will get one to you.

HEAP (Home Energy Assistance Program) applications are available at the center. For more information on how to receive help with winter heating bills, contact Dayna at 740-474-8831.

If the center needs to close due to winter weather, closing announcements will be made through WBNS 10-TV, WCMH Channel 4, and WKKJ radio. We will also post on the center's Facebook page.

As a reminder, the center will be closed Monday, Jan. 3 for New Year's Day.

All are welcome to join us for lunch. Lunch begins at 11:30 a.m. Monday through Friday. Please join us for an activity, or lunch at your Senior Center!

Holly Cottrill, Executive Director

Pickaway Senior Center Board of Directors:

Sally Galecki	President
Tonya Thompson	Vice President
Lisa Robbins	Treasurer
Al Canarsky	Secretary
Al Canarsky	Membership Pres.
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Dennis Bothel	Fiscal Officer
Ed Boyer -Pat Acord-	
Jackie Rish- Sheriff Matthew Hafey	
Ellery Elick	

Pickaway County Commissioners:

Jay Wippel · Gary Scherer
Harold Henson

PICKAWAY SENIOR CENTER

2105 Chickasaw Drive
P.O. Box 565
Circleville, OH 43113

www.pickawayseniors.org

Office: 740-474-8831

Toll Free: 888-397-7246

Nutrition: 740-474-8617

Fax: 740-477-8114

Office Hours:

Monday-Friday

8am - 4:00 pm

***Due to the COVID-19 some services, business hours and days have changed**

Our services are provided for seniors ages 60 and over, Monday through Friday.

Adult Day Care:

Provides relief for families caring for a loved one with dementia or Alzheimer's. This service is available Monday & Wednesday from 9:00 AM to 1:00 PM. Lunch and transportation are provided.

Congregate Meals:

A hot lunch served at the Pickaway Senior Center at 11:30 AM Monday through Friday.

Homemakers:

Assistance with cleaning, laundry and running errands. Clients must meet certain eligibility criteria.

Meals on Wheels:

A hot lunch delivered to your home five days a week.

National Family Caregiver Support Program:

Respite and personal care, financial help with co-pays and medicine, utility bills, home repair. The care recipient must be over 60 years of age.

Supportive Services:

Assistance with Medicare & Medicaid papers, HEAP and Commodities paperwork.

Transportation:

Transportation for medical appointments, dialysis, and grocery shopping.

For information on any of these services, call the Senior Center: 740-474-8831

The Pickaway Senior Center is a non-profit organization. We are supported by financial contributions from the following:

- Title III administered through the Ohio Department of Aging
- Funds from a senior levy passed by Pickaway County voters
- Private donations and fundraisers



PICKAWAY SENIOR CENTER JANUARY 2022 NEWSLETTER

In Memory or Honor of...

This Recognition Gift to the Pickaway Senior Center is a very thoughtful gift which means others in Pickaway County will be helped.

Enclosed is my gift of \$ _____ In Memory or Honor of _____

Occasion: ☐ Birthday ☐ Anniversary ☐ Other _____

Given by _____

Please make checks payable to the Pickaway Senior Center. Mail gift to:

Pickaway Senior Center
P.O. Box 565
Circleville, OH 43113

REMINDER

Remember to renew your membership by March so you will continue to receive your newsletter. **Dues are \$10.00** per year per person. Thank You.

MEMBERSHIP DUES—PAYMENT SLIP
DUES ARE \$10 PER PERSON PER YEAR

Name _____

Address _____

City/State/Zip _____

Telephone (____) _____

Birth Date _____

Amount of Donation to \$10 Fund: \$ _____

Make checks payable to: Pickaway Senior Center

Mail to: P.O. Box 565, Circleville, OH 43113



Don't
Forget!

JANUARY BIRTHDAYS-HAPPY BIRTHDAY!

JANUARY 1

TERRY SCHOOLEY
SANDRA DRESBACH
MERRY HALL
NITA HALL
LARRY JONES
AGNES SCHROEDER
KATHY STEVENS

JANUARY 2

NANCY HAPPENNY
REBA LEWIS

JANUARY 3

BARBARA BRAY
CHARLES CAMERON
BEVERLY CHEGWIDDEN
DONNA CLARK
STANLEY GLOYD
SANDRA HAGEN
HELEN HARTSUAGH
BARBARA HARWOOD
LURHITA STURGILL
CAROL THOMPSON

JANUARY 4

DONNA HALL
HESTER MAXWELL
SYBIL WRIGHT

JANUARY 5

BILL ANKROM
JOANN AZBELL
NANCY SIDERS
HELEN SNYDER
JANET WHITE
CHARLOTTE ZIMMERMAN

JANUARY 6

NANCY FEATHERINGHAM
PAM SYKES
FORREST TURNER
CLARABELLE VALENTINE
VICKI DIEHL

JANUARY 7

RAYMOND COMER
SUE LUMLEY
THOMAS W CRAWFORD
MARILYN HAWKES
CURTIS MOSS
WILMA JAMES
STRAUD KNISLEY

JANUARY 8

JOY MANBEVERS
ALMA PETERS
BELVA PRITCHARD
AARON SIMPSON

JANUARY 9

FAYE SMITH
PATRICIA SWAIM

JANUARY 10

DEB HANLEY
LINDA HARDEN
CATHERINE HARTLEY
MARIANNE HUNLEY
GARY MISKO
LINDA RUSSELL
RON WUNSCH

JANUARY 11

SHIRLEY CARIUS
DEBORAH JENKINS
RONALD CLIFTON

JANUARY 12

PAUL AZBELL

JANUARY 13

PAT PERRY
MARGARET RICKEY
MARY SCHRADER
VERA WOODARD

JANUARY 14

CLARA CAVINEE
BARBARA DAVIS
DENNIS FLEMING
FLO KAPTEINA
PHILLIP PLUTA

JANUARY 15

ROBERT FETHEROLF
HAROLD GHEARING

JANUARY 16

LINDA DELCOSTELLO
KENNETH HARDESTY
GWEN MUSSER
PAM PATRICK
ALICE SMITHSON
BERTHA WATSON

JANUARY 17

ROBERT HARTINGER
KATHRYN HILL
GLORIA KNECE
CONNIE MCCAIN
PATRICIA SOUTHWARD
CYNTHIA WRIGHT

JANUARY 18

LINDA SEARCH
MONA TOOLE

JANUARY 19

CAROL BALTHASER
BEVERLY CONRAD
KENNETH DOLLISON
BEVERLY LAWRENCE
KATHLEEN LLOYD
DONNA THOMPSON

JANUARY 20

MICHAEL BROOKINS
HOWARD COSSIN
MOLLY MORRIS
CAROL WALLACE
PAT NEAL
HARRIET SALYERS
WENDELL SEE
CONNIE WOOTEN

JANUARY 21

JAMES OLIVE
JEAN STRICKLER
VIRGINIA SWOYER
GARY THOMAS
KEN TRIVETTE

JANUARY 22

JOHN ADAMS
LINDA COCHENOUR
SHIRLEY DAUBENMIRE
BARBARA GERHARDT
KENT MORRIS
BRIAN PORTER
DIANA SKAGGS
SHIRLEY WALTERS

JANUARY 23

SHARON MCCARTY

JANUARY 24

HELEN BETHEL
PAMELA HARRIS
CHARLES LUTZ
DICK MCCLISH
MARY NELSON
PAUL REED
SARAH VANHOOSE
DANIEL SMITH
FRED MAVIS

JANUARY 25

RONALD ACKLEY
JUDITH BURNHEIMER
JAMES CALLIHAN
KATHLEEN HOFFMAN
JOHN OWENS
BARBARA VINKOVICH

JANUARY 26

BETTY DRAKE
DEBBIE HART
JEAN HOFFNER
PHYLLIS HULSE
MARY STEELE

JANUARY 27

JUDY BEARD
JIM RHONE
LINDA STEWART
BOB SCHUMM

JANUARY 28

MARILYN HATFIELD
MARY HOUSH
SHIRLEY LAKE
MARGARET QUINCEL
BONNIE TRUE
MARY WILLIAMS

JANUARY 29

JEAN BARBER
JAMES BEATHARD
SHERAN CHERRINGTON
BOB CROSBY
BARBARA KUHNER
ANNE LAUX
PATRICK SMITH

JANUARY 30

MARGARET PALMER
LORNA PITT
DOLORES RULAPAUGH
FORREST KISER

JANUARY 31


BETTY MCCOY
GERALDINE REED
ELVA RUSSELL
SUSAN STEVENSON
LINDA TRIMMER



SPECIAL THANKS TO THE FOLLOWING PEOPLE...

New Members

Larry Jean
 Patricia Jean
 Robin Newman
 Valerie Julian
 Joann Swisher
 Marge Rhoads
 Dick Rhoads
 Ronald Clifford
 Wanda Rider
 Wanda Evans
 Gina Drake
 Bev Tatman



~~~~~

### \$10 Fund Donations

Linda Harden  
 Jeane Crider  
 Dave & Vivian Garrett  
 Salt Creek Valley Grange  
 Kathleen Lloyd  
 Norma Gochenour  
 Charles & Susan Patrick

### Memorial/Honor of

#### Donations

In Memory of

Norval Shepard

Given By,  
 Georgia Shepard

~~~~~  
 In Memory of

Joan Conrad

Given By,
 Norma Gochenour

~~~~~  
 In Memory of

Cooke Metzger

Given By,  
 Myron & Jerrie Metzger

~~~~~  
 In Memory of

Cooke Metzger

Given By,
 Sally Stevens

~~~~~  
 In Memory of

Jim Harber, Happy New Year  
 in Heaven

Given By Wife,  
 Rhea Harber

### Memorial/Honor of

#### Donations

In Memory of

Cooke Metzger

Given By,

Patricia Strous

~~~~~  
 In Memory of

Paul Wolf

Given By,

Line Dancers

~~~~~  
 In Memory of

My Husband, Bill Fee of his  
 passing on January 4, 2021

Given By,

Janet Fee

~~~~~  
 In Memory of

Fern Bozman

Given By,

Linda Burns

Tips to Strengthen your Emotional Wellness- Strengthen Social Connections

There are many things you can do to strengthen your emotional wellness. We've discussed ways to **brighten your outlook, reduce stress, get quality sleep, be mindful, and cope with loss** in previous articles. Remember that emotional wellness is the ability to adapt to change and reduce stress so you can successfully handle life's challenges. Today I'm sharing information for Tip # 6 **Strengthen Social Connections**.

Social connections and support systems might help protect health and lengthen life. Being connected with friends, family, neighbors, romantic partners or others can have powerful effects on our health. These effects are both emotional and physical and these connections with others can influence our well-being.

Try these tips to build healthy support systems:

Build strong relationships with your kids or other family members. If your relationship is challenged, let old hurts go and find a way to mend things. Forgive old hurts and move forward. Don't let the past hold you back from enjoying today.

Get active and share good habits with family and friends. Do you have a friend or family member to talk to? Reaching out is difficult when you are grieving. But remember that talking to a kind and supportive friend can help. Share what feels comfortable or just talk about other things – perhaps unrelated to the loss of your loved one.

If you're a family caregiver, ask for help from others. November is National Caregiver Month. For resources and support, check out this [blog](#) for great tips and suggestions.

Join a group focused on a favorite hobby such as reading, hiking or painting. Look around your community for a group to share your hobby and interests. It may be that you join a group that meets online – if so, you can learn how to do this & may enjoy meeting others from around the country/world.

Take a class to learn something new. Is there something you've always wanted to try? Perhaps painting, ceramics, sewing, quilting, collecting. Check with your senior center, public library, community college for free or low-cost classes. You may feel uncomfortable going the first time – ask a friend to go with you. You will enjoy learning something new and may meet a new friend.

Volunteer for things you care about in your community. Look for things you are passionate about and volunteer to support those causes. Places you may want to volunteer include: a community garden, places of worship, local charities, schools, libraries or senior centers.

Travel to different places and meet new people. If travel is something you enjoy and feel you can safely do, explore new places. It may be more difficult during our current times with COVID but perhaps in the warmer weather you can explore opportunities to be outside. It may be that you explore new destinations through books, videos, or on-line groups. You can learn a lot about different places by exploring in a safe manner. Some National Parks Facebook groups encourage members to share their pictures so you can explore from your phone or tablet.

Strengthening your social connections takes time and effort. There are steps you can take to get connected with others. It can be hard to step out of our comfort zones, but the rewards are waiting for you. Think about one thing you can do today to connect with someone. Don't wait! Get out there and do it! Take charge and strengthen your emotional wellness today.

Michelle Treber, Family and Consumer Sciences Educator, OSU Extension -Pickaway County, Treber.1@osu.edu, 740-474-7534

Sources: <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist-2021-2.pdf>

Scammahorn, R. (2021, November 3). November is National Caregiver Month. Retrieved from <https://livesmartohio.osu.edu/mind-and-body/scammahorn-5osu-edu/november-is-national-family-caregivers-month/>

HEAP Winter Crisis Program Applications Available

The Home Energy Assistance Winter Crisis Program (HEAP) helps income eligible Ohioans that are threatened with disconnection, have been disconnected or have less than a 25% supply of bulk fuel in their tank.

The program runs from Nov. 1, 2021 until May 1, 2022. A household applying for HEAP must report total gross household income from the past 30 days (12 month preferred) for all members, except wage or salary income earned by dependent minors under 18-years-old. Both homeowners and renters are eligible. To apply online, visit energyhelp.ohio.gov. Applications are available at the Pickaway Senior Center. For more information call the Center at 740-474-8831.

Canadian Rockies & Glacier National Park

July 27, 2022 (7 days)

Price: \$3,475 per person (booking discount/double occupancy)- Contact the Center for more information

Trip Highlights:

- Roundtrip Flight-CMH
- 3 nights in Banff
- Head smashed in Buffalo Jump
- Waterton Lakes National Park
- Glacier National Park
- 1930s Red Jammer Touring Cars
- Going to the Sun Highway
- Banff Area Tour & Lake MacDonald
- Moraine Lake & Valley of Ten Peaks
- Lake Louise & Victoria Glacier
- Peyto Lake & Icefields Parkway
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PICKAWAY SENIOR CENTER JANUARY 2022 NEWSLETTER

Drive-Thru Lunch

Hot Dog

Thursday, January 6, 2022

11:00am-Noon

Suggested donation of \$3

If you are interested in stopping by and picking up a lunch please call the Center at 740-474-8831 to RSVP by January 1.

Pickaway County S.A.L.T. Council Meeting

Join the S.A.L.T. Council on Wednesday

Jan. 19 at **1 p.m.** in the

Koch Meeting

Room at Pickaway County Library. Hot Dog lunch provided.



You **must** call the Senior Center at **740-474-8831** to put your name on the attendance list before **Jan. 10th**.



Don't yell at your Computer, let us fix it!

We will fix it or it's free.

49.00 fixed rate for all seniors, computer tune ups, repairs, training, Virus removal, new setups, software installs and upgrades, at your senior center.

Call (614) 398-1098 for an appointment.

PICKAWAY HOUSING AUTHORITY

Pickaway Terrace, Eden Place, Louise Terrace & Williamsport Terrace

• Providing affordable housing for elderly/62 years or older and/or disabled

176 Rustic Drive • Circleville, Ohio 43113

740-477-2514 • Fax: 740-477-7456

email: pmha@pickawaymha.com

TTY/TDD Customers:

Contact Ohio Relay Services at 711 or 1-800-750-0750

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14-1576

PICKAWAY SENIOR CENTER JANUARY 2022 NEWSLETTER

Heading out of town for the Winter?

Please let the Center know of your change of address during this time and we'll send the Newsletters to you. If we have this winter address, it will save us from having to pay to get back the Newsletters from the Post Office because they could not deliver. Thank you.



Out of
Town

Savannah, Jekyll Island & Beaufort, SC

April 25-30, 2022 (Deadline February 18, 2022)

Price: \$625 per person (double occupancy)

\$75 due upon signing

Trip Includes:

- Motorcoach Transportation
- 5 Nights lodging including 3 consecutive nights in the Savannah area
- 8 meals: 5 breakfasts and 3 dinners
- Guided Trolley Tour of Savannah, followed by Hop-on Hop-off Privileges
- Guided tour of Gorgeous Beaufort, SC, "Queen of the Carolina Sea Islands" ...plus a visit to Parris Island
- Evening show at Famous Savannah Theatre
- Guided Tour of St. Simons Island
- Guided Tram Tour of Jekyll Island

For more information please contact the Center



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Circleville, OH 43113

RETURN SERVICE REQUESTED

Current Resident



In an effort to keep our clients and employees safe we have a policy for service cancellation due to weather related circumstances.

If the Pickaway Senior Center must close due to weather conditions it will be announced on both WBNS Channel 10 TV and WKKJ 94.3 FM Chillicothe



Don't miss our upcoming events and activities at the Center!

Birthdays.....Pg 4
Canadian Rockies Trip.....Pg 7
S.A.L.T. Meeting.....Pg 8
Savannah Trip.....Pg 9
Menu.....Pg 10
Activities Calendar.....Pg 11

Just a reminder if you would like a donation such as a Memorial/Honor of or a \$10 Fund Donation in the newsletter



we must receive the information at the Center by the first week of every month. If there is space permitting and more are received after the first week we may still be able to put the information in the newsletter.

Thank you.