

**NOVEMBER
2019**

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:

FRIDAY, NOVEMBER 1

CRAFT SHOW 9am-2pm

FRIDAY, NOVEMBER 8

VETERAN'S LUNCHEON NOON

WEDNESDAY, NOVEMBER 13

BOARD MEETING 10:15 AM

TUESDAY, NOVEMBER 19

COMMODITIES

WEDNESDAY, NOVEMBER 20

LEGAL AID BY APPT.

SOUP & SALAD BAR NOON

S.A.L.T. MEETING 1:00 PM

THURSDAY, NOVEMBER 21

MONTHLY FELLOWSHIP NOON

TUESDAY, NOVEMBER 26

NEWSLETTER ASSEMBLY

BREAKFAST BAR 9:00 AM

THURSDAY, NOVEMBER 28

CENTER CLOSED

FRIDAY, NOVEMBER 29

CENTER CLOSED

From the Desk of the Director

Hello November! Happy Thanksgiving everyone! Wishing you all a wonderful Thanksgiving.

The center will be hosting a Fall Craft Show on Friday, Nov. 1 from 9 a.m. until 2 p.m. Please be sure to stop by, shop and stay for lunch. It should be a great day with a variety of vendors to choose from.

Don't forget to turn your clocks back one hour – Daylight Savings Time ends on Saturday, Nov. 3. Election Day is Tuesday, Nov. 5.

Our Veteran's Day Service will be held on Friday, Nov. 8 at 11:30 a.m. Please join us as we honor our veterans. RSVP needed for this special event. Call us at 740-474-8831 if you plan to attend.

The center will be closed Thursday, Nov. 28 and Friday, Nov. 29 for Thanksgiving.

We are still taking sign-ups for the spring trip to Savannah in March, as well as the next flying trips to the Canadian Rockies in July and Rose Parade in December of 2020. There is a wait list started for the Washington D.C. trip. Please call the office at 740-474-8831 for more information on these upcoming trips!

Come join us for an activity, or meal as *We Live It UP* at your Senior Center!

Holly Cottrill, Executive Director



**Pickaway Senior Center
Board of Directors:**

Brenda Strittmatter	President
Marie Gerhardt	Vice President
Connie Kelly	Treasurer
Judy Stewart	Secretary
Debbie Dumm	Membership Pres.
Holly Cottrill	Executive Director
Dennis Bothel	Fiscal Officer
Lisa Robbins · Donna Thompson	
Ed Boyer · Pat Acord · David Evans	
Tonya Thompson · Don Wolford	
Sandra Foster · Erika Cowles-West	
Sally Galecki	

Pickaway County

Commissioners:

Jay Wippel · Brian Stewart
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 - 4:30 pm

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 through Thursday from 8:30 AM to 1:30 PM. Lunch and transportation are provided.

Congregate Meals:

A hot lunch served at the Pickaway Senior Center at 11:30 AM on Monday, and at 12:00 noon Tuesday 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 NOVEMBER 2019 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

Savannah, Jekyll Island & Beaufort, SC

March 23-28, 2020

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 or stop by and pick up a flyer. Deadline Jan. 16, 2020

Canadian Rockies & Glacier National Park

July 15, 2020 (7 days)

Price: \$3,295 per person (booking discount/
double occupancy)

Trip Highlights:

- Roundtrip Flight
- 3 nights at one hotel in Banff
- Head smashed in Buffalo Jump
- Waterton Lakes National Park
- Glacier National Park
- 1930s Red Jammer Touring Cars
- Going to the Sun Highway
- Kootenay National Park
- Banff Area Tour
- Moraine Lake & Valley of Ten Peaks
- Lake Louise & Victoria Glacier
- Peyto Lake & Icefields Parkway
- Athabasca Glacier Ice Explorer

For more information please contact the Center or stop by and pick up a flyer.



NOVEMBER BIRTHDAYS-HAPPY BIRTHDAY!

NOVEMBER 1

AUDREY AZBELL
WANDA HEETER
RONALD SCHWALBAUCH
REBECCA STEELE
JUDY TAYLOR

NOVEMBER 2

DELORES BROWN
DAVID HOYLMAN
GARY ILES
SANDRA MANSON
SANDRA OLIVER
PATRICIA STROUS
PAT YOUNG

NOVEMBER 3

VIVIAN GARRETT
VICTORIA REED
JERRY STARKEY
BETTY WINNER

NOVEMBER 4

JANE DIEHL
ANTHONY KAMLER
LOIS PARMER

NOVEMBER 5

VICKIE FANSKA
WILLIAM GALLIVAN
DIANNE GOOD
BETTY NEAL
BETTY SHAEFFER
JOHN SINES
ROBERT WOLF

NOVEMBER 6

ROSE BARKER
BETTY GAINES
NETTIE JACKSON
CONNIE KELLY

NOVEMBER 7

REAH CRIST
RUTH HOOVER
BEV MARTIN
DENVER PETERS
ELLEN STARKEY
MARTHA WOLFE

NOVEMBER 8

SUE BINION
PHYLLIS OWEN
MARVIN VALENTINE
JOYCE WHITE
JEAN YOUNG

NOVEMBER 9

NORTON BARNES
JOYCE BUTTS

NOVEMBER 10

SHIRLEY ARLEDGE
KENZIE ENDICOTT
PAULINE GARRETT
BARBARA LAVECK
PEGGY MILLER
GARY RUSSELL
STEVEN SCURLOCK

NOVEMBER 11

EUGENE BOZMAN
MAYNARD BURNS
ROGER CONNELL
ROBERTA HARRIS
JANET HARTLEY

NOVEMBER 12

E. JEAN ADDY
DEBBY BOYER
GARY BURGGRAF
LINDA WILLIS

NOVEMBER 13

PAULA EDWARDS
JUDITH GOODE
MARY HAIST
DONALD STRAWSER

NOVEMBER 14

MARVALENE BIRTCHER
JACKIE COPLEY
LUCY ANN GROVES
ARTHUR KESTER
MARY ANN MILLER
MOLLIE NUNGESTER
JOAN SAVAGE
JULIANNE TEMPLE



NOVEMBER 15

MARY BAKER
CARROL HAMMOND
NANCY LOONEY
DONNA STILES
JAMES ZIMMERMAN

NOVEMBER 16

DIANA MARTIN
JACKIE PENCE
VICKIE SPUNG

NOVEMBER 17

MARILYN "JEANNIE" ADDY
VEDA THOMAS

NOVEMBER 18

CHARLENE GRAMBO
BRENDA KNOX

NOVEMBER 19

RALPH HOFFMAN
LES MENEAR
COOKE METZGER
PATTY VALENTINE

NOVEMBER 20

MARCIA HELWAGEN
KATHY MATTINGLY
CLARK MCFARLAND
DEBRA MCFARLAND
MARY QUINCEL
JIM WONDER

NOVEMBER 21

ALMA BALL
JANET CARDWELL
TACIE DUMM
SHARON GREINER
JANICE JONES
DONNA RAINES
RANDY STOFFER

NOVEMBER 22

JAMES TRIMMER

NOVEMBER 23

BILL FLETCHER
WILLIAM FRIEND
RENA PUCKETT
LEATRICE SOWERS
DON WOLFORD
MARCIA WYKOFF

NOVEMBER 24

CAROL BLANEY
GLORIA BRICELAND

NOVEMBER 25

CONNIE ARCHER
PAM BOSTWICK
BONNIE FAUSNAUGH

NOVEMBER 26

BRENDA CASSIDY
DON HALL
MARILYN KELLAM
CAROLYN REUTER
EVELYN TROUT

NOVEMBER 27

VIRGIL JOHNSON
EDWARD JOHNSTON
DONALD METZLER
SHARON NEIL
SHIRLEY OBERLEY
RODGER SOUTHWARD
MARLENE WELLS
SHARON WOOD

NOVEMBER 28

JUDY ALDERMAN
MARY COOK
JANE STRAWSER



NOVEMBER 29

MARY ARNOLD
DONNIE BETHEL
EDNA COE
DAVID MARTIN
FLOSSIE MAZE
ANDRA MCGILL
LUCILE RIGGS

NOVEMBER 30

BETTY CONLEY
JOE GOOD
SHIRLEY NORRIS
BEVERLY THATCHER
MARTHA WARD
DONNA YOUNG

SPECIAL THANKS TO THE FOLLOWING PEOPLE...

New Members

Vicky Martin

Prabha Nair

Kathy O'Bryan

Ruth Cox

WELCOME



\$10 Fund Donations

Linda Harden

Jeane Crider

Jim & Bev
Davis

James & Patricia
Meyer

~~~~~

**Thank You!**

**Memorial/Honor of  
Donations**

In Memory of

Harold "Ed" Riffel  
For his Birthday

Given By,

Donna Riffel

~~~~~

In Memory of

Ron Skaggs
For his November 17th
Birthday

Given By,

Bonnie Skaggs

~~~~~



**Estate Planning**

**It is often difficult during one's lifetime to give, yet many would like to make a significant contribution. You might want to consider a bequest to the Pickaway Senior Center.**

**We have established a Pickaway Senior Center Fund within the Pickaway County Community Foundation to help ensure we are able to continue meeting the needs of the seniors of Pickaway County well into the future.**

**Pickaway County  
Community Foundation:**

**Pickaway Senior Center Fund  
770 N. Court St.  
Circleville, OH 43113**



**Beginner's Line Dancing**

**Cost: \$1 per class**

**Fridays at the Center  
from 2-3 pm**

**Instructed by Buffy Bowman**



~~~~~  
**Canadian Rockies &
Glacier National Park
Trip Meeting**

**If you are
interested in signing
up for this trip
there will be a trip
meeting at the Center
on November 7th at
1:00 pm**

**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**

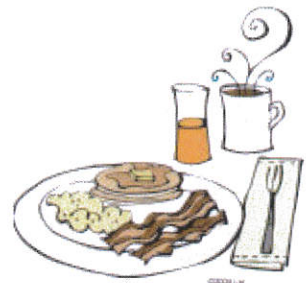
Join us for Soup &
Salad Bar on
November 20th at
Noon

- Chicken Noodle Soup
 - Pimento Cheese
 - Vegetables w/Dip
 - Chilled Fruit
 - Pudding
- (Vegetable Soup)

~~~~~

Or stop by and join us  
for the Breakfast Bar  
on November 26 at 9  
am

- Sausage Gravy
- Biscuits
- Scrambled Eggs
- Hash Browns
- Fruit Juice
- Fruit



## Monthly Fellowship November 21, 2019

Please RSVP by the day before. Call 740-474-8831 to make reservations. November birthdays & anniversaries eat free on November 21st at noon.

- Roast Turkey
- Stuffing
- Mashed Potatoes & Gravy
- Green Beans
- Roll
- Pumpkin Pie

Entertainment By:  
TBA

## Shuttle Service

There will be a shuttle service for the November Fellowship. Shuttle will run from 10:30 a.m.-11:45 a.m. from Emmett Chapel Church Tarlton Rd to the Center. First 20 cars receive a free lunch certificate.



"Discover where to Recover"

**Pickaway Manor**  
Rehabilitation Center,  
Skilled Nursing & Assisted Living  
*A Macintosh Community*  
PT, OT and Speech Therapy  
Services Available  
391 Clark Drive | (740) 474-6036  
[www.macintoshcompany.com/Pickawaymanor](http://www.macintoshcompany.com/Pickawaymanor)

## Amity Home Health Care

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- ♥ Locally owned home care provider for over 20 years.
- ♥ Covering 9 counties, available 24 hours a day 7 days a week.

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[heartlandhospice.com/Circleville](http://heartlandhospice.com/Circleville)

Heartland  
Hospice Care

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| Cancer Center                 | Occupational Health Center |
| Cardiology & Neurology        | Orthopedic Surgery         |
| Ear, Nose & Throat            | Pain Management            |
| Endocrinology                 | Pharmacy                   |
| Emergency Department          | Radiology                  |
| Gastroenterology              | Sleep Center               |
| General Surgery               | Therapy & Sports Medicine  |
| Imaging & Laboratory Services | Women's Health & Maternity |
| Infusion Center               | Wound Healing Center       |
| Lung Care Center              |                            |

Berger Health System  
600 N. Pickaway St.  
Circleville, OH 43113  
740.474.2126  
[www.bergerhealth.com](http://www.bergerhealth.com)



  
BERGER HEALTH SYSTEM  
Care first. Community always.



### Rose Parade New Year's

December 30, 2020-January 4, 2021

Price: \$2,995 per person (booking discount/  
double occupancy)

#### Trip Highlights:

- New Year's Eve Dinner Party
- Tournament of Roses Parade
- Lunch at Lawry's in Beverly Hills
- Showcase of Floats
- Richard Nixon Library & Museum
- Hollywood & Beverly Hills Tour
- Rodeo Drive & Grauman's Chinese Theatre
- Hollywood Walk of Fame
- Mission San Juan Capistrano
- Newport Beach & Laguna Beach
- San Diego City Tour & San Diego Harbor Cruise

### Washington, DC Trip

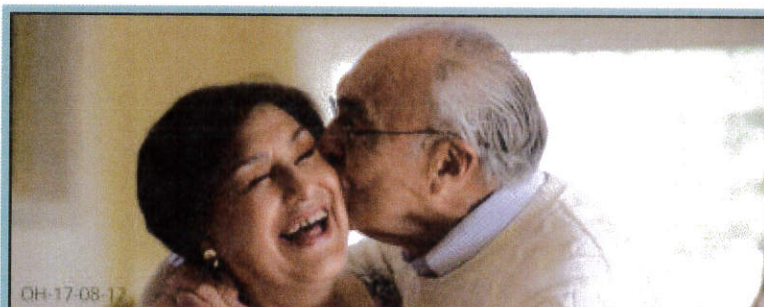
June 5-9, 2020

Price: \$585 per person (double occupancy)  
\$75 due upon signing

#### Trip Includes:

- Motorcoach Transportation
- 4 nights lodging
- 8 meals: 4 breakfasts & 4 dinners
- 2 Guided Tours of Washington DC
- Evening Guided Memorial & Monuments Tour
- The New Museum of The Bible
- Admission to George Washington's Mount Vernon Estate & Garden
- Train Ride through Arlington National Cemetery

For more information please contact the Center  
or stop by and pick up a flyer.



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[www.aetnabetterhealth.com/ohio](http://www.aetnabetterhealth.com/ohio)

### **PICKAWAY HOUSING AUTHORITY**

Pickaway Terrace, Eden Place & Louise 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](mailto:pmha@pickawaymha.com)

TTY/TDD Customers:

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

This institution is an equal opportunity provider and employer



### **CONSTANCE CARE HOME HEALTHCARE**

- Free Nursing Evaluation
- 24Hrs / 7 Days a Week
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- Lifeline Monitoring System
- Home Health Aides

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Quality Service In...

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Ross and Hocking Counties.

All employees bonded!

**740-477-8689**

744 North Court St.,  
Circleville, OH

EOE/Provider/Medicare Certified Agency



➤ Reach the Senior Market  
**ADVERTISE HERE**

CONTACT

**Bill Taylor to place an ad today!**

**[btaylor@4Lpi.com](mailto:btaylor@4Lpi.com)**

**or (800) 477-4574 x6440**



## PICKAWAY SENIOR CENTER NOVEMBER 2019 NEWSLETTER

### Unlock the Secret Lunch

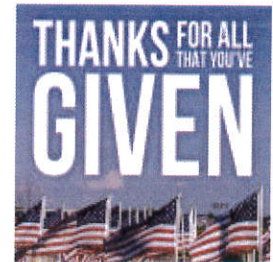
November 14th @ Noon

Stop by the Center to check out the secret lunch poem and enter your guess into the box for a chance to win a prize. The entry with the correct answer will win that day. Must be present to win.



### VETERANS

Pickaway Senior Center and Adena Home Health are honoring Veterans on Friday, **November 8 at 11:30 am** with a luncheon and ceremony. Senior Center Veterans will be honored. We are asking for names of our veterans and for those planning to attend. Please call 740-474-8831 by Friday, November 1 with your RSVP.



|                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             |                                                                                                                                                                                                                                                |                                                                                                                                                                                                                 |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>FREE!</b><br/>Savings Include an American Standard Right Height Toilet<br/>FREE! (\$500 Value)</p> <p><b>AS SEEN ON TV</b></p>  | <p><i>American Standard</i><br/>Walk-In Tubs</p> <p><b>WALK-IN BATHTUB SALE! SAVE \$1,500</b></p> <ul style="list-style-type: none"><li>✓ Backed by American Standard's 140 years of experience</li><li>✓ Ultra low entry for easy entering &amp; exiting</li><li>✓ Patented Quick Drain® Technology</li><li>✓ Lifetime Warranty on the bath AND installation, INCLUDING labor backed by American Standard</li><li>✓ 44 Hydrotherapy jets for an invigorating massage</li></ul> <p>Limited Time Offer! Call Today!<br/><b>844-889-2321</b><br/>Or visit: <a href="http://www.walkintubinfo.com/safety">www.walkintubinfo.com/safety</a></p> | <p><b>Miller Commons</b> In Northern Pickaway Co.</p>  <p>Luxury Senior Flats—ages 55+ <b>NOW LEASING</b><br/>740-983-2222 2 BR, Carport, Pets Welcome</p> | <p><b>Free Delivery Straight from Your Independent Pharmacy</b></p> <p><b>CALL 740-420-DRUG TO GET STARTED TODAY!</b></p>  |
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|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><b>4LPi WE'RE HIRING AD SALES EXECUTIVES</b></p>  <ul style="list-style-type: none"><li>• Full Time Position with Benefits</li><li>• Sales Experience Preferred</li><li>• Paid Training</li><li>• Overnight Travel Required</li><li>• Expense Reimbursement</li></ul> <p>CONTACT US AT: <a href="mailto:careers@4LPi.com">careers@4LPi.com</a><br/><a href="http://www.4LPi.com/careers">www.4LPi.com/careers</a></p> | <p><i>Call today to connect with a</i> <b>SENIOR LIVING ADVISOR</b><br/>INDEPENDENT LIVING • ASSISTED LIVING • MEMORY CARE</p>  <p>A Place for Mom has helped over a million families find <b>senior living solutions</b> that meet their <b>unique needs</b>.</p> <p>◀ Joan Lunden, journalist, best-selling author, former host of Good Morning America and senior living advocate.</p> <p><i>There's no cost to you!</i><br/><b>(888) 672-0689</b><br/><small>We're paid by our partner communities</small></p> <p><i>aPlace for Mom.</i></p> |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|

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**Pickaway Senior Center**  
2105 Chickasaw Dr.  
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Circleville, OH 43113

Non-Profit Org.  
U.S. Postage  
PAID  
Permit #200  
Circleville, OH 43113

*RETURN SERVICE REQUESTED*

Current Resident



Wishing everyone a  
Happy Thanksgiving!



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

|                             |       |
|-----------------------------|-------|
| Savannah Trip.....          | Pg 3  |
| Canadian Rockies Trip.....  | Pg 3  |
| Birthdays.....              | Pg 4  |
| Beginner's Line Dancing.... | Pg 6  |
| Washington DC Trip.....     | Pg 8  |
| Rose Parade Trip.....       | Pg 8  |
| Unlock Secret Lunch.....    | Pg 9  |
| Menu.....                   | Pg 10 |
| Activities Calendar.....    | Pg 11 |

**CRAFT SHOW**

Stop by the Senior Center on  
**November 1 from 9am-2 pm** we  
will be having a Craft Show and  
lunch will also be available for  
purchase.

