

REGULARLY SCHEDULED:

DAILY: Congregate Lunch 11:30 am
Please RSVP 24 hours prior.

MONTH: Birthday Lunch 11:30am
Please RSVP the Friday before.

MONDAY:

Exercise Class 9:00 am
Euchre & Games Tables 1:00 pm

TUESDAY:

Learning Bridge with Al 12:30pm
Clogging Group 3:00 pm

WEDNESDAY:

Exercise Class 9:00 am

THURSDAY:

Chair Yoga 12:30 pm

FRIDAY:

Exercise Class 9:00 am
Bingo 10:00 am
Bible Study 10:00 am
Euchre Tables 11:30 am
Line Dancing 1:00 pm

DATES OF NOTE:

Monday, October 2 by Appointment
Soul Solutions: footcare clinic

Wednesday, October 4 1pm
Crafting w/Sonya

MONDAY, October 9 ALL DAY
Columbus Day — BUILDING CLOSED

Thursday, October 12 8am
PRODUCE DELIVERY

Tuesday, October 17 8am
COMMODITIES DELIVERY

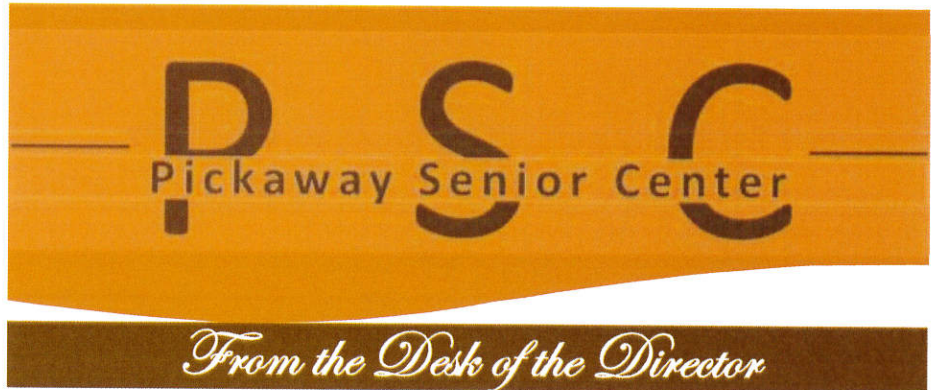
Wednesday, October 18
Ohio Senior Insurance Info 9am
♥ Cardio Drumming 2-4pm

FRIDAY, October 20 ALL DAY
Pumpkin Show — BUILDING CLOSED

Wednesday, October 25 11:30am
♥ **October Birthday Celebration**

Thursday, October 26 8am
PRODUCE DELIVERY

PICKAWAY SENIOR CENTER
2105 Chickasaw Drive
Circleville OH 43113
740-474-8831
www.pickawayseniors.org



Greetings from the Center!

September was a great month. Everyone was invited to complete a survey for our Nutrition team, who also provided us some great Food Safety information (watch next month's Newsletter for details), we were able to support the Community Cupboard and have been invited to be a donation site for Community Action Against Hunger (**see p 6 for how you can help**), we also had a visit from Michael Sherron, Director of Pickaway County Emergency Management and Homeland Security Agency, who shared a bit about his role in our community and supplied us with Emergency Preparedness for Seniors (**see p 4-5**), and some of you enjoyed *Grumpy Old Men* at LaComedia.

As we move into October, we invite you to **donate food items** (see list on p 6) to be collected on Thursday, October 12.

We'll provide **Commodity** boxes (October 17) and **Fresh Produce** (October 12, 26), complements of MidOhio FoodBank.

Please note the building will be closed for all services on both Monday, **October 9** (Columbus Day) and Friday, **October 20** (Pumpkin Show).

We're moving into **Open Enrollment Season** and Ohio Senior Insurance Information Program will be at the Center on **Thursday, November 16**, for one-on-one conversations about Medicare insurance providers in our area. **Call the Center to schedule your appointment today!**

Appointments are thirty minutes to one hour depending on your needs, and are available between 9am and 3pm.

Remember to sign up by Thursday, October 19, for the **October Birthday Celebration on Wednesday, October 25**

Everyone stay safe and healthy! See you at YOUR Senior Center!

A handwritten signature in blue ink that reads 'Bonnie'.

Bonnie Lowry Vallette,
Executive Director

**Pickaway Senior Center
BOARD OF DIRECTORS:**

Sally Galecki	President
Tonya Thompson	Vice President
Lisa Robbins	Treasurer
Al Canarsky	Secretary & Membership President
Bonnie Vallette	Director
Dennis Bothel	Fiscal Officer
Bob Mabe	Ed Boyer
Ellery Elick	Jackie Rish
Sheriff Matthew Hafey	

**Pickaway County
Commissioners:**

Jay Wippel
Gary Scherer
Harold Henson

**SUGGESTED CONGREGATE
LUNCH DONATION IS \$4**

PLEASE RSVP THE DAY PRIOR

**PICKAWAY
SENIOR CENTER**

2105 Chickasaw Drive
PO Box 565
Circleville OH 43113

pickawayseniors.org

Office	740-474-8831
Toll Free	888-397-7246
Nutrition	740-474-8617
Fax	740-477-8114

**Office Hours:
Monday-Friday
8am — 4pm**

*** Due to COVID-19: some services,
hours and days have changed.**

Services provided Monday ~ Friday

Adult Day Care:

Provides respite relief for those caring for a loved one with a dementia or Alzheimer's.

**Services available
Tuesday—Thursday
9am—1pm.**

Transportation and lunch provided.



**Congregate
(Shared) Meals**

Hot lunch is served at the Pickaway Senior Center 11:30 am, Monday — Friday.



Meals on Wheels:

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



Transportation

Transportation, for those over 60, residing and traveling within the County, is available by request for medical appointments, with grocery and other types of trips, as time allows.

**National Family
Caregiver Support
Program**

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

Supportive Services

Paperwork assistance related to Medicare & Medicaid, HEAP and Commodities.

PROVIDED MONTHLY

**Commodity
Supplemental Food
Program (CSFP)**

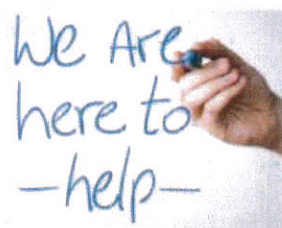
A federal program that provides eligible seniors with a monthly box of shelf-stable items. The box may include juice, cheese, cereal, pasta, peanut butter, canned goods, and more. Pick up on second Tuesdays.



Produce Market

Mid-Ohio Foodbank delivers 2500 pounds, or more, of fresh produce on the second and fourth Thursday of each month.

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



**The Pickaway
Senior Center
is a non-profit
organization.**

**We are supported by
financial
contributions from:**

- Title III, as administered by Ohio Department of Aging
- Senior Levy monies, as approved by Pickaway voters
- Private donations and fundraisers



WELCOME!



New Members

Willie Blackwell
& Shirley Walters
Kimberly Gaines
Linda Gantz
Roberta Gillian
Brenda Heeter
Jeffrey Heeter
Janet Kerns
Becky Messer
Donna Mitchell
Pamela Peters
Gloria Stevens
Connie Young

~~~~~

## SPECIAL THANKS TO THE FOLLOWING PEOPLE...

### \$10 Fund Donations

Pamela S Peters  
Jeane Crider  
Janet Fee  
Linda Hardin  
Charles & Susan Patrick  
Bonnie Hildenbrand

### Memorial/Honor Donations

In Memory of  
**Rev David Clarke**  
Given by,  
Thomas & Mary Lou Stewart  
L E & Sabrina Robinson

~~~~~

In Memory of
Donna Charlotte Groff
in honor of her October 12 birthday

Given by,
Richard Groff

~~~~~

~~~~~

In Memory of
Jesse Halley
*on the anniversary of her passing,
October 29, 2020*

Given by,
Richard Groff

~~~~~

In Memory of  
**Patricia A Canarsky**  
*on the anniversary of  
her October 25 birthday*  
Given by,  
Allen Canarsky



## In Memory or Honor of...

*Recognition Gifts to the Pickaway Senior Center are very thoughtful gifts  
which allow others in Pickaway County to be helped.*

Enclosed is my gift of \$ \_\_\_\_\_ In: ☐ Memory of: or ☐ Honor of:

\_\_\_\_\_

\_\_\_\_\_

Occasion: ☐ Birthday ☐ Anniversary ☐ Other \_\_\_\_\_

Given by: \_\_\_\_\_

\_\_\_\_\_

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

Pickaway Senior Center  
PO Box 565  
Circleville OH 43113



**NOW IS THE TIME TO PREPARE FOR EMERGENCY WEATHER CONDITIONS!**

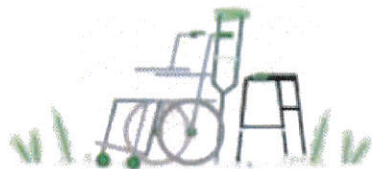
## **DISASTER PREPAREDNESS FOR OLDER ADULTS AND PEOPLE WITH DISABILITIES**



Plan how you will communicate if you have a communication need.



Plan for your transportation if you need help evacuating.



Plan how you will evacuate with any assistive devices.



Plan for food, water, and essentials for you and pets or service animals.



Include medicines, medical supplies, batteries, and chargers.



Make copies of Medicaid, Medicare, and other insurance cards.

## **WHAT TO INCLUDE IN AN EMERGENCY PREPAREDNESS KIT**

- ✓ Contact information for important people and care providers.
- ✓ A list of medicines you need, dosage instructions, and any allergies.
- ✓ Contact information for your durable medical provider.
- ✓ Need-to-know information for first responders and others who might need to help you.



[ready.gov/disability](https://ready.gov/disability)

## NOW IS THE TIME TO PREPARE FOR EMERGENCY WEATHER CONDITIONS!

### Prepare For Emergencies Now: Helpful Information For Older Americans

The likelihood that you and your family will recover from an emergency tomorrow often depends on the planning and preparation done today. While each person's abilities and needs are unique, every individual can take steps to prepare for all kinds of emergencies from fires and floods to potential terrorist attacks. By evaluating your own personal needs and making an emergency plan that fits those needs, you and your loved ones can be better prepared. These pages outline commonsense measures older Americans can take to start preparing for emergencies before they happen.

#### Get a Kit — or two — of Emergency Supplies

The first step is to consider how an emergency might affect your individual needs. Plan to make it on your own, for at least three days. It's possible that you will not have access to a medical facility or even a drug-store. It is crucial that you think about what kinds of resources you use on a daily basis and what you might do if those resources are limited or not available.

**Basic Supplies:** Think first about the basics for survival – food, water, clean air, and any life-sustaining items you require. Consider two kits. In one kit put everything you will need to stay where you are and make it on your own for a period of time. The other kit should be a lightweight, smaller version you can take with you if you have to leave your home.

#### Recommended basics include:

- Water, one gallon per person per day for at least three days, for drinking and sanitation
- Food, at least a three-day supply of nonperishable food and a can opener if needed
- Hand crank radio, flashlight and extra batteries, first aid kit, whistle to signal for help
- Dust mask to help filter contaminated air and plastic sheeting and duct tape to shelter-in-place
- Moist towelettes, garbage bags, and plastic ties for personal sanitation
- Wrench or pliers to turn off utilities, local maps
- Pet food, extra water and supplies for your pet or service animal
- Medications and Medical Supplies, with a copy of your prescriptions or treatment information
- Talk with your providers (dialysis, home health, etc) about their emergency plans
- If you use medical equipment in your home that requires electricity, how will you operate it?
- Extra eyeglasses, hearing aids and batteries, wheelchair batteries, and oxygen
- Copies of your medical insurance, Medicare and Medicaid cards readily available.
- Include document copies: records, wills, power of attorney, deeds, social security numbers, credit/bank information, and tax records, in a waterproof container.
- Names and numbers of those in your personal support network, as well as medical providers.
- Also be sure you have cash or travelers checks in your kits in case you need to purchase supplies.

**TEXT YOUR ZIP CODE TO 888777**

**TO RECEIVE EMERGENCY ALERTS FOR PICKAWAY COUNTY**





## 2023 COMMUNITY ACTION DAY — ACTION AGAINST HUNGER — COMMUNITY CUPBOARDS

Our 2023 Pickaway County "Community Action Day" is **Thursday, October 12**, is sponsored by Ohio Christian University and Pickaway County Community Foundation, and hundreds of local students and residents help with projects for those in need. Projects vary, including: mowing, gardening, window washing, and more.

Community Cupboards offers a special drive for non-perishable food and toiletry collection to help anyone in need throughout our county and **Pickaway Senior Center is a collection site this year!**

### ITEMS OF GREATEST NEED INCLUDE:

(PLEASE DONATE ITEMS IN PLASTIC, CAN, BOX; **NO GLASS**)

|                                               |                                    |
|-----------------------------------------------|------------------------------------|
| Peanut Butter and Jelly                       | Canned Pastas with Meat            |
| Canned Tuna/Canned Chicken                    | Canned Fruit                       |
| Canned Pork and Beans                         | Spaghetti and Sauce                |
| Canned or Boxed Soup                          | Mac & Cheese                       |
| Ramen Noodles                                 | Peanut Butter/Cheese Crackers      |
| Powdered Milk                                 | Cereals, Pop Tarts, Breakfast Bars |
| Snacks: especially protein/granola/fruit bars | Bar Soap                           |
| Feminine Hygiene Products                     | Toothpaste                         |
| Deodorant                                     | Toilet Paper                       |
| Body Wash                                     |                                    |



## "Action Against Hunger"

Partners with:

## Community Action Day

October 12, 2023

Pick up will be 10/11 and 10/12...(scheduled 10/11 pick ups will be notified)

Please continue to collect donations up to your pick up date.

Please donate non-perishable food items or any type of toiletries, which will be use to distribute throughout Pickaway County's **Community Cupboards**.

**Community Cupboards:** There are 21 outdoor cupboards which has food and toiletries available 24/7 to anyone in need.

This program depends 100% on donations and grants, to be able to provide for the people in need in Pickaway County.

**"Leave what you can....Take what you need..."**





**OCTOBER BIRTHDAYS — HAPPY BIRTHDAY! JOIN THE CELEBRATION ON OCTOBER 25!**



**OCTOBER 1**

Janet Fee  
Steven Thomerson

**OCTOBER 2**

Kathleen Cameron  
Barbara Hart  
Bev Tatman

**OCTOBER 3**

Joyce Devors  
Philip Peloquin

**OCTOBER 4**

Sheila Gee  
Bill Miller

**OCTOBER 5**

Sandra Hill

**OCTOBER 6**

Michael Dickason  
DeMaris Durgin  
Dorothy Imler  
Lila Myers  
Peggy Newberry

**OCTOBER 7**

Sharon Dickey  
Pamela Peters  
Jane Schneider  
Kristi Walker

**OCTOBER 8**

Frances Barnitz  
Harry Styers

**OCTOBER 9**

James Davis  
Paul Ewing  
Rosemarie Knight

**OCTOBER 10**

Ruth Cox  
Nancy Dye  
Stephen Gary  
Terri Lambert

**OCTOBER 12**

Lois Keaton

**OCTOBER 13**

Betty Brown  
Barbara Misko  
Patsy Oldaker  
Teresa Shaw

**OCTOBER 14**

Shirley Duncan  
Karen Niedbalski  
JoAnn Swisher

**OCTOBER 15**

Sylvia Christy  
Ned Morgan

**OCTOBER 17**

Pamela Phipps  
Bonnie Skaggs  
Janet Stuller

**OCTOBER 18**

Susan Sark

**OCTOBER 19**

Jeanette Gerhart  
Richard Groff  
Betty Snyder

**OCTOBER 20**

Jim Gee

**OCTOBER 22**

Julia McDonald  
Donald Smith

**OCTOBER 23**

Carol Boltz  
Julie Imler  
Gloria Stevens

**OCTOBER 24**

Carolyn Barton  
Linda Hardin

**OCTOBER 25**

Norma Hunt  
Linda McFarland  
Toni Schein

**OCTOBER 26**

Charles  
Hemming

**OCTOBER 27**

Marilyn Bussert

**OCTOBER 28**

Brenda Heeter  
Lucie Schumm

**OCTOBER 29**

Joe Goeller  
Marty Mathers

**OCTOBER 31**

Gary Greene  
Arlene Poling



Join us for  
the OCTOBER  
**BIRTHDAY  
LUNCHEON**  
on  
**WEDNESDAY  
OCTOBER 25**  
11:30am

Please RSVP  
by Thursday,  
October 19



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14-1576



EACH THURSDAY 12:30 PM



Join Wendi & Heather on Thursdays  
for this gentle, peaceful, core  
strengthening, stretch.



CRAFTING WITH

*Sonya*  
of Pickaway Manor



WEDNESDAY  
OCTOBER 4 • 1PM

RSVP 740.474.8831



## SOLE SOLUTIONS

Nurse Delivered Footcare



NOW FIRST MONDAY, ONLY

Monday, October 2

9am—1:30pm

BY APPOINTMENT ONLY

Call the center

740.474.8831

and set your

**\$35 FOR ½ HOUR****APPOINTMENT**

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dgoben@lpicommunities.com • (800) 950-9952 x2633

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• Providing affordable housing for  
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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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Kim Shook

Community Relations Director

CRESTVIEW REHABILITATION &  
SKILLED NURSING SERVICES957 Becks Knob Road  
Lancaster, Ohio 43130**740-653-9461**

Fax 740-654-9645

Cell 740-243-8285



**S.A.L.T. COUNCIL COCA COLA COOLER RAFFLE****When: August 1-November 15,2023****Where: Drawing will be November 15 1 p.m. at S.A.L.T. Council Meeting Pickaway County Library, Koch Room. You Do Not Need To Be Present To Win. What do you win?**

Mini Coca Cola Cooler with Polar Bear& Coke bottle Christmas ornament,\$20.00 Sonic Gift Card/Coke lunch bag&Insulated tumbler,\$25.00 Wal-Mart Gift Card-cooking with coke (2) Cookbooks,(2) cooking with Coke gift bags(Chili&Gingerbread),Lots of Coca Cola Treats, Christmas Family Fun Coca Cola Box(coca cola checkers,opoly playing cards, jigsaw puzzle),Coke candy, Coke popcorn bucket filled with popcorn treats, N.Y. Times 720 Crossword Puzzles and 360 Word Search(large print),cherry coke book club classic, Coke Christmas polar bear tees(his&her),Coke, Coke contemporary CD holiday classics, And More...Coca Cola Cooler Raffle will be on display at Senior Center until November 8. Tickets are **\$5.00 Each**. **Winner takes ALL**. Fill-out enclosed ticket with a check or money order for **\$5.00**. Mail to **S.A.L.T. Council Raffle 480 Lancaster Pike,#53 Circleville,OH 43113**

**Call 419-460-1452-----detach**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

A ticket will be placed in Bucket. And your ticket #number recorded/saved.

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

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

*RETURN SERVICE REQUESTED*

Current Resident



We don't  
stop playing  
because we  
grow old.  
We grow old  
because we  
stop playing.

—GEORGE BERNARD SHAW



## AUGUST STATISTICS

### Transportation

33 people  
246 transports  
**4458 miles**

### Adult Day Care

7 people  
126 transports  
**892 miles**

### Hot Meals Delivered

**8901 meals**  
**9200 miles**

### Meals Served In Person

**649 congregate meals**

### Fresh Produce Disbursed

**4300 pounds of produce**

### Commodities Disbursed

**105 families served**



**Your donations are  
VITAL to daily  
Center operations!**

**Donations received by DATE  
are included this newsletter;  
those received after DATE will  
be included in the NEXT  
MONTH newsletter.**

**Thank you for your  
generosity**

WE MAKE A  
LIVING BY  
WHAT WE GET.  
WE MAKE A  
LIFE BY WHAT  
WE GIVE.

WINSTON CHURCHILL

