

DATES OF NOTE:

Monday, July 3
BUILDING CLOSED ALL DAY

Tuesday, July 4
BUILDING CLOSED ALL DAY

Wednesday, July 7
Crafting w/Sonya 1pm

Thursday, July 6
HEAP/PICCA Summer 8am-12pm
Chair Yoga with Wendi 12:30pm

Monday, July 10 by app't
Sole Solution Footcare (see p 9)

Tuesday, July 11
Blood Pressure Clinic 11am

Wednesday, July 12
Board Meeting 10:15am
Alzheimer's Conversation 12:30pm

Thursday, July 13
PRODUCE DELIVERY 8am
Chair Yoga with Wendi 12:30pm

Tuesday, July 18
COMMODITY BOXES 8am
Blood Pressure Clinic 11am

Wednesday, July 19
OSHIIP COUNSELING 8:30am

Thursday, July 20
Chair Yoga with Wendi 12:30pm

Tuesday, July 25 11am
Blood Pressure & Glucose Clinic

Wednesday, July 26
BIRTHDAY LUNCH 11:30AM
Remember to RSVP!

Thursday, July 27
PRODUCE DELIVERY 8am
Chair Yoga with Wendi 12:30pm

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

P S C Pickaway Senior Center

Notes from the Center – Kitchen Edition

Your Senior Center has two cooks, kitchen coordinator, several kitchen aides, and a team of meal delivery drivers. Each day, our kitchen produces more than 400 Meals on Wheels, and 20-100 Congregate, lunches. The kitchen is the heart of our work!

Kitchen coordinator, Sandra Dickerson, was with the Center for 11 years and retired in June. She planned menus with input from expert nutritionists, placed food orders, coordinated storage, then observed preparation and portioning of the Meals on Wheels and Congregate lunches.

Della Layton, kitchen aide and Meals on Wheels driver, has been with us 2 years, holds a degree in restaurant management, and has 16 years experience managing a chain restaurant. Her gifts include food prep and baking cakes for Congregant lunch.

New on the scene are Joy Smith celebrating two months and Tracy Garrett who will celebrate one month of service in July.

While Joy has experience serving a LOT of family, this is her first time cooking for more than 100 on a daily basis. "I'm so happy to be here, serving alongside a wonderful staff", says Joy. "Our seniors are wonderful and I really love it here!"

Tracy recently served St Catherine's, a skilled nursing facility in Washington Court House — and it served well — for 13 years. "I was concerned, being the youngest on staff and not yet being licensed, but I've fit right in!"

With Sandra's retirement, Tracy, Joy, and Della are collaborating and switching up the division of duties to explore their skillsets.

"It's wonderful, to get to use the gifts of my experience and degree, here at the Center," said Della.



Sandra, Joy, Della, Tracy

**Pickaway Senior Center
BOARD OF DIRECTORS:**

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

**Pickaway County
Commissioners:**
Jay Wippel
Gary Scherer
Harold Henson

The Center will be **closed** in for **Independence Day Monday, July 3** and **Tuesday, July 4**. There will be no transportation, Meals on Wheels delivery, nor any services offered, including in person lunch.



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 third 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



JULY BIRTHDAYS — HAPPY BIRTHDAY!



JULY 1

Sue Huffman
Karen Williams

JULY 2

David Blue
Dick Fisher
Elwood Haddox
Don Kadunc
Dawn Neymeyer
Madeline Sanders

JULY 3

Beverly Agin

JULY 4

Mike Stonerock

JULY 5

Debbie Black

JULY 6

Earl McCombs
Alma Schneider

JULY 7

John Cole
Tammy Wetherell

JULY 8

Renee McNichols
Danny Whightsel

JULY 9

Michael Dumm
Bea Smith
Theresa Weller

JULY 10

Patricia Beathard
Earl Palm
Evelyn Ricketts
Jane Winfough

JULY 11

Richard Harwood
Nancy Hickman

JULY 12

Allen Rickey
Brenda Wagner

JULY 13

Dolores Conley
Rita Hupp

JULY 14

Faith Barnes
Ruthanne Roush

JULY 15

Jim Rayburn

JULY 16

John Dean
Linda Morrow

JULY 17

Harold Stevens

JULY 18

Susan Beckley

JULY 19

Betty Garrabrant
Robert Kidnocker
Linda Young

JULY 21

John Butts
Marjorie Pontious
Peggy Porter

JULY 22

Marilyn Wolfe
Charlene Wood
Martha Iles

JULY 23

Mary Hunter

JULY 25

Charles Patrick
Sue Twining
Jackie Vanover

JULY 26

Rebecca Dixon
Judith Spicer
Patty Surratt

JULY 27

James Rhymer
Roy Mullins



JULY 28

John Cutright
Linda Schupp
James Walden

JULY 29

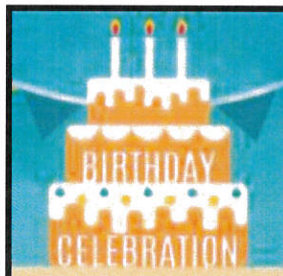
Tommy Thomas
Patricia Williard
Roger Evans
Mark Knece

JULY 30

Gregory Caplinger
Sally Gohring

JULY 31

Jim Davis
Walter Graf



JULY BIRTHDAY

Celebration

JULY BIRTHDAYS

eat free!

Join us for lunch on
Wednesday, July 26

PLEASE RSVP

740.474.8831

by Friday, July 21

UPCOMING TRAVELS—SIGN UP NOW!



THURSDAY, SEPTEMBER 21, 2023

Grumpy Old Men, the hilarious musical comedy about two angry, aging men — Max and John — neighbors who have been feuding for most of their lives. Invigorated by shared affection for their new, beautiful neighbor across the street, they face off as romantic rivals who will stop at nothing to win her heart.

- 9am bus departs for LaComedia
- 11am buffet lunch
- 12:30pm show begins
- 5:30pm return to Senior Center

Tickets are \$90 per person (transportation, lunch, and show)

Forty passenger minimum with room for 48.

Full payment due by August 15.



MYRTLE BEACH

Holiday Shows

Monday–Saturday,
November 13-18

- Motorcoach to Myrtle w/overnight stay; three overnights in Myrtle
- Three evening Christmas shows:
 - ⇒ *Legends in Concert, Carolina Opry, Alabama Theater*
 - ⇒ *Le Grand Cirque Christmas*
 - ⇒ *The Man of a Thousand Voices*
- Beaches, Boardwalks, and the LW Paul Living History Farm
- \$740 per person double occupancy
- \$939 single occupancy

Sign up by Friday, September 8



Andreya Veintimilla with Smart Columbus was with us for lunch on June 7, to talk with Pickaway Seniors about their experiences with the internet and digital tools.

Smart Columbus is working with the Broadband Ohio to create strategies and direct funding to increase digital access for all. Understanding your needs, barriers, and experiences with digital tools and the internet are important to help the State of Ohio determine what strategies to prioritize. The input provided by our Seniors will help to advance and improve the lives of families and our entire community by providing connections to educational and enrichment opportunities, essential support services, health care, and job opportunities. Andreya provided \$20 cash gift cards to those willing to share their experiences.

Visit

broadband.ohio.gov/explore-broadband/the-ohio-broadband-strategy/make-your-voice-heard!

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



New Members

Ofelia Acosta
 Patricia Haddox
 Lisa Kelley
 Janice Kerns-Bothel
 Diana List
 Gene List
 Jack Reisinger
 Judith Spicer
 Steve Spicer
 Cathy Steinhauser
 Tammy Wetherell

**THANK YOU TO THE
 506 existing members
 who renewed for 2023**

\$10 Fund Donations

Cathy Moss
 Harry & Beverly Styers
 Nancy Jarvis
 Harry Hosler
 Duane Smith
 Collean Bradley
 Linda Adams
 Sue Tipton
 Charles & Susan Patrick
 Jeane Crider
 Linda Harden



**Memorial/Honor of
 Donations**

In Memory of
Ray & Marie Rice

Given by,
 Bill & Patty Rice

In Loving Memory of
Ken Harness

Given with the Sympathy of,
 Dotty Haney

In Memory of
Tom Imler
in honor of his June 27 birthday

Given by,
 Julie Imler

In Memory of
Betty Pence

Given by,
 Rick Simonton
 Sean & Rachel Rittinger

In Memory of
Donna Charlotte Groff
*on the Anniversary of her passing
 July 6, 2015*

Given by,
 Richard Groff

In Honor of
Gracille Kuhn
*Celebrating Her Life
 on her birthday*

Given by,
 Michael & Joyce Dumm
 Carolyn Brooks

In Memory of
Emily Patrick

Given by,
 Harold & Amelia Stevens

~~~~~  
 In Memory of  
**Richard Conrad**

*in recognition of his July 13 birthday*

Given by,  
 Glenn & Linda Reeser

~~~~~  
 In Memory of
Bill Fee

in honor of his July 28 birthday

Given by his wife,
 Janet Fee

~~~~~  
 In Memory of  
**Martha Ebenhack**

Given by,  
 Thomas & Scarlett Ebenhack

SOMETIMES WE  
 HAVE TO SOAK  
 OURSELVES IN THE  
 TEARS AND FEARS  
 OF THE PAST TO  
 WATER OUR  
 FUTURE GARDENS.

SUEY KASSEM





## Ohio Senior Health Insurance Information Program (OSHIIIP) provides Medicare beneficiaries with free, objective health insurance information, one-on-one counseling, and educates consumers about Medicare, Medicare prescription drug coverage (Part D), Medicare Advantage options, Medicare supplement insurance.

OSHIIIP is funded by a federal grant and by the state of Ohio. The Ohio Department of Insurance in Columbus administers the program. In 2019, OSHIIIP:

- Counseled more than 435,000 people
- Saved Ohio consumers \$32 million
- Distributed more than 1,000,000 publications
- Trained and certified more than 2,600 community-based volunteers
- Established more than 20 information sites and is a proud member of: Ohio Medicare Partners, Ohio's Aging Eye Public/Private Partnership, and a national network of similar state programs

**Free services are available from OSHIIIP, specifically for those enrolled or eligible for Medicare.**

Representatives will answer your questions about any of the matters listed below:

- Medicare health coverage for seniors and for people under age 65 with disabilities.
- Medicare prescription drug plans.
- Medicare Advantage Plans (example: HMOs and PPOs).
- Medicare supplemental insurance.
- Financial assistance programs for people with limited income.
- Long-term care insurance.

Each month, **John Buch** is at the Center to talk with you about Medicare. **John is here WEDNESDAY, JULY 19, 8:30—11:30AM** and can work with you to learn yours is the best carrier to meet your recurring needs, and other important aspects of choosing a carrier.

### S.A.L.T. PRESENTATION

**WHEN:** JULY 19, 2023 S.A.L.T.

**WHERE:** PICKAWAY COUNTY LIBRARY KOCH ROOM

**TIME:** 1P.M.

**TOPIC:** "CONCEAL CARRY LAWS & WEAPONS TRAINING"

**PRESENTED BY:** Harold W. Gray, Jr. -Staff Pastor and the Director of Crossroads Christian Academy and a Concealed Carry Instructor.

**QUESTIONS for SENIORS:** What are the Ohio Concealed Carry Laws and how have they changed on June 13th, 2022. What is Permitless Carry? What is Constitutional Carry? What will change in Ohio? Where do you get training on how use a gun properly? Safety?

Gun laws are an important issue to many throughout the State of Ohio and the rest of the United States. By staying informed, we increase our chances of successfully navigating the laws as they stand, and of staying out of legal trouble along the way.

**LUNCH PROVIDED:** Brat on bun, Baked Beans, Coleslaw, A&W rootbeer, 4th of July Cupcake, Pop-sicle treat.

**MUST REGISTER FOR PRESENTATION & LUNCH BY CALLING GAIL HOWARD AT (419-460-1452) BEFORE JULY 10TH. SPACE IS LIMITED!**



**Your Pickaway Senior Center is now designated as a Meals on Wheels site** which allows the Center to apply for grants and other benefits through Meals on Wheels America.



#### MEALS ON WHEELS

Meals on Wheels America is the leadership organization supporting the more than 5,000 community-based programs across the country that are dedicated to addressing senior isolation and hunger. Powered by a dedicated volunteer workforce, this network delivers the nutritious meals, friendly visits and safety checks that enable America's seniors to live nourished lives with independence and dignity. By providing funding, leadership, education, research and advocacy support, Meals on Wheels America empowers its local member programs to strengthen their communities, one senior at a time.

#### OUR VISION

An America in which all seniors live nourished lives with independence and dignity.

#### OUR MISSION

To empower local community programs to improve the health and quality of life of the seniors they serve so that no one is left hungry or isolated.

#### THE POWER OF A KNOCK TRANSFORMS LIVES™

A knock at the door might not seem like a big deal to many of us. But, to a homebound senior, it could signal the arrival of the only person they might see all day or all week. It brings hope. It brings health. It brings the nutrition and care that will completely make their day. A knock from Meals on Wheels can even save lives.



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— HEALTH CARE —

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Circleville, OH**

**740.474.3121**







## CardioDrumming

**WEDNESDAY, JULY 19**

**2:00–4:00 pm**

Join the Activities Team from Meadows of Scioto, Rehab/Skilled Nursing, for a yoga ball drum circle to build upper body and heart resilience. *This is offered at no cost on 3rd Wednesdays each month*



**DON'T BE A SQUARE!  
GET YOURSELF THERE!**

## Fun Dance



## Square & Round Dance

*as called by: Ed Laurenschiagen*  
Planned by Belva Pritchard

**Saturday, August 12**

**1–3pm**

**\$5 per person**

## DEMENTIA CONVERSATIONS

**Wednesday, July 12, 12:30pm**

When someone is showing signs of dementia, it's time to talk. Conversations about changing behaviors can be uncomfortable. This program provides tips for breaking the ice so you can more easily address some of the most common issues that are difficult to discuss, like going to the doctor for a diagnosis or treatment, deciding when to stop driving, making legal and financial plans for future care.

## LET'S GROW YOUR BUSINESS Advertise in our Newsletter!

**CONTACT ME Dan Goben**

[dgaben@lpicommunities.com](mailto:dgaben@lpicommunities.com) • (800) 950-9952 x2633

### PICKAWAY METROPOLITAN 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



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[homehelpershomecare.com/lancaster](http://homehelpershomecare.com/lancaster)

Each office is independently owned & operated



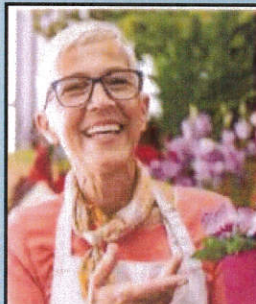
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of this space

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PICKAWAY SENIOR CENTER

**CANVAS PAINTING  
with Promedica**



**TUESDAY, JULY 11, 12:30**  
**RSVP to 740.474.8831**



**EACH THURSDAY AT  
12:30PM**

### Blood Pressure Clinics

the 2nd, 3rd, and 4th Tuesday of each month— now, with glucose testing on the 4th Tuesdays



**ALL ARE WELCOME!**

BP only: Tuesdays, July 11 and 18  
BP & Glucose: Tuesday, July 25



**CRAFTING WITH**

*Sonya*

*of Pickaway Manor*

**WEDNESDAY JULY 5 • 1PM**

**RSVP • 740.474.8831**

### JULY 2023 NEWSLETTER

### SUMMER CRISIS PROGRAM

Pickaway Community Action is coming to the Senior Center

**Thursday, July 6, 8am-12pm!**

The Summer Crisis Program provides assistance with an electric bill, help with the cost of central AC repair, and/or purchase of a window AC or fan. Eligible households include an elderly member (age 60+), or provide physician documentation that cooling assistance is needed for a household member's health.

**TO SIGN UP, BRING:**

- birth certificates or social security cards: all members of household
- last 30 days household income, including SSI, unemployment, wages, etc
- most recent utility bill(s)
- if applicable, a doctor signed certificate

**NEVER MISS  
OUR NEWSLETTER!**

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emailed  
to you.



Visit

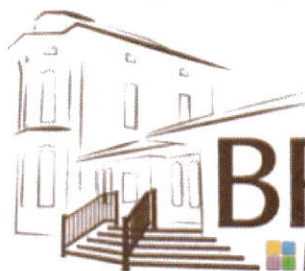
**www.mycommunityonline.com**

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www.optalishealthcare.com

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AN OPTALIS HEALTH & REHABILITATION CENTER



**740.474.6238**

**158 East Mound St  
Circleville**

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**The Trusted Senior Care Provider For Over 125 Years**

**BrownMemorialHome.org**





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

*RETURN SERVICE REQUESTED*

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

Current Resident



## MAY STATISTICS

### Transportation

38 people  
270 transports  
**4330 miles**

### Adult Day Care

5 people  
80 transports  
**602 miles**

### Hot Meals Delivered

**8855 meals**  
**8646 miles**

### Meals Served In Person

**625 congregate meals**

### Fresh Produce Disbursed

**4180 pounds of produce**

### Commodities Disbursed

**101 families served**

## DON'T MISS OUT

**Check out upcoming events and activities at the Center!**

Kitchen Edition..... p1  
Overview of Services .....p2  
Birthdays & Travel.....p3  
Recognition Gifts Form .... p4  
Broadband Ohio info ..... p4  
Welcome & Donations..... p5  
OSHIIP, SALT..... p6  
Meals On Wheels .....p7  
Drums, Memory, Dance.... p8  
Chair Yoga, Paint Class..... p9  
BP & Glucose, Crafts, ..... p9  
Summer Crisis (Cooling)... p9  
Congregant Meal Menu ... p10  
Activities Calendar ..... p11  
Vital Stats, Generosity ..... p12



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

Donations received by June 6 are included this newsletter; those received after June 6 will be included in the August newsletter.

**Thank you for your generosity!**

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

WINSTON CHURCHILL