



# Pickaway Senior Center

## *From the Desk of the Director*

### REGULARLY SCHEDULED:

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

#### MONDAY:

Exercise Class 9am  
Euchre & Games Tables 1pm

#### TUESDAY:

Bingo 10am  
Learn to play Bridge w/Al 12:30pm  
Clogging Group 3pm

#### WEDNESDAY:

Exercise Class 9am

#### THURSDAY:

Chair Yoga 12:30pm

#### FRIDAY:

Exercise Class 9am  
Bingo 10am  
Bible Study 10:30am  
Euchre Tables 12pm  
Line Dancing 1pm

#### **DATES OF NOTE:**

Monday-July 1st & 8th by Appt.  
Sole Solutions Footcare Clinic

Tuesday-July 2nd 9am  
Therapeutic Stretching

Wednesday-July 3rd  
Footlong Drive-Thru 11am  
Crafting w/ Sonya 1pm

**July 4th & 5th CLOSED**  
**All Activities Cancelled**

Thursday-July 11th & 25th 8am  
Produce Delivery

Tuesday-July 16th 8am  
Commodity Delivery

Pumpkin Show Band & Tenderloin Sale 6pm-8pm

Tuesday-July 23rd 10am  
Heritage BP & Glucose Clinic

Wednesday-July 24th  
OSHIIP 8:30am  
Alaska Trip Meeting 2pm

Monday-July 29th 1pm  
CHIPP

Wednesday-July 31st  
Birthday Luncheon 11:30am

Greetings from the Center! Welcome July and Summer weather!

Summer brings to mind vacation and hot weather (see p3). Is it the same for you? For some of you, vacation is coming soon. The two flying trips offered by the Center are fully booked and final plans being made. The Amish trip to see "Ruth" has closed. There are still seats available for the Pigeon Forge and Smoky Mountains Show Trip.

On the hot side of the equation, we share our gratitude for covered porches, shade trees, fans, and air conditioning! If you need a fan, air conditioner, or service on your heating and cooling system, plan to come see Home Energy Assistance Program on Monday, August 26. No appointment is necessary. If you need help now, please call 740.889.1040 to schedule an appointment at PICCA.

Please note, the Center is closed on July 4 and 5 for all services, in observance of Independence Day. On July 3, you're invited to join us for a drive-thru meal with footlong hotdogs! Please call to reserve your dog (see p 9).

Produce delivery is slated for July 11 and 25, with commodity boxes arriving on July 16.

The Pumpkin Show Band will rehearse at the Center July 16, 6-8pm. We'll have a Tenderloin Sale to make this a picnic style event – bring your lawn chair, please (see p 9).

Mark your calendar for August event, including a Mini Fellowship experience (see p 9).

We look forward to seeing you at your Center!

Bonnie Lowry Vallette,  
Executive Director

*Services provided Monday - Friday*

**Adult Day Care:**

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

Services are 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. Suggested Congregate lunch donation is \$4. **PLEASE RSVP THE DAY PRIOR**

**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.

**(CSFP) Commodity Supplemental Food Program**

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**

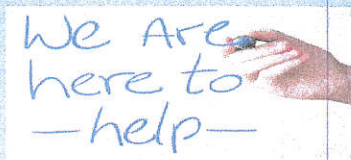
Mid-Ohio Foodbank delivers 2500 pounds, or more, of fresh produce on the second and fourth Thursday of each month.

**Pickaway Senior Center BOARD OF DIRECTORS:**

- Sally Galecki President
- Ellery Elick Vice President
- Joy Ewing Treasurer
- Al Canarsky Secretary & Membership President
- Bonnie Vallette Director
- Dennis Bothel Fiscal Officer
- Bob Mabe Andy Bull
- Krista Bower Jackie Rish
- Jenna Logan Grant Davis
- Sheriff Matthew Hafey

**Pickaway County Commissioners:**

- Jay Wippel
- Gary Scherer
- Harold Henson



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

**Equal**



**Provider**

**PICKAWAY SENIOR CENTER**

We are available Monday thru Friday 9am-3pm if you need to stop by to drop off membership dues, memorials, donations, etc.

**Office 740-474-8831**

**Toll Free 888-397-7246**

**Nutrition 740-474-8617**

**Fax 740-477-8114**

You may also mail them to:

2105 Chickasaw Drive  
PO Box 565  
Circleville OH 43113

[pickawayseniors.org](http://pickawayseniors.org)



**Summer Crisis Program**

- Apply for HEAP 2025 credit\*
- AC/Fan for individuals 60+ OR Med Cert from PCP\*
- Electric utility disconnect, connect or transfer of service\*
- PIPP\*

**Bring the following documents with you**

- Proof of citizenship for all household members  
(Birth certificate or social security card)
- Last 30 days of income for all household members
- Copy of your most recent Electric and/or heating bill  
(only electric assistance is available in the summer)

Case managers will be on-site to process your applications.  
If you have any questions, please reach out to a case manager!

Sincerely,  
HEAP Team

Come See Us!

Pickaway County Senior Center

2105 Chickasaw Dr.

Monday-Aug. 26th

CANT MAKE IT?

Appointments are available at  
PICCA!

Visit

[pickawaycca.itfrontdesk.com](http://pickawaycca.itfrontdesk.com)

Call

1-740-889-1040



**PICKAWAY SENIOR CENTER PRESENTS**

**Pigeon Forge and Smoky Mountains Show Trip**



**INCREDIBLE PRICE INCLUDES:**

- Motorcoach Transportation
- 4 Nights lodging in the Smokies
- 8 Meals: 4 Breakfasts and 4 Dinners
- Three Morning Shows: Smith Morning Variety Show, Patty Waszak Show & Christmas Memories Show
- One Afternoon Show: "ICONS"- The Original Legends Show
- Three Evening Shows: Country Tonight, Paula Deen's Lumberjack Feud Show & "Array"
- Free time in the Historic Downtown Gatlinburg

**\$750\***

**5 Days 4 Nights**

\*PER PERSON, DOUBLE OCCUPANCY

Per Person, Double Occupancy

**Nov 18 - 22  
2024**

**Departure: Pickaway Senior Center,  
2105 Chickasaw Dr, Circleville, OH @ 8 am**

If you have signed up for the Ireland or Alaskan trip, meetings have been scheduled for the following dates.

**ALASKA: Wednesday-July 24, 2024 @ 2pm**      **IRELAND: Wednesday-September 11, 2024 @ 2pm**

# Events Around The County

**July 13th-Circleville Farmer’s Market**

9am-12pm; 144 E. Main St. Circleville, Ohio 43113

**July 13th-Wonder of Wetlands Hike**

10am; Pickaway Park District; 16405 US 23 South Bloomfield, Ohio 43103. Register by emailing [mellis@pickawaycountyohio.gov](mailto:mellis@pickawaycountyohio.gov)

**July 19th-Family Movie Night-Sponsored by Uptown Circleville**

6pm; Pickaway County Library

**July 20th-Halloween in July**

12pm-7pm; Pickaway County Fairgrounds; 415 Lancaster Pk. Circleville, Ohio 43113

**July 20th-Boogie On The Blacktop**

7pm-11pm; 135 W. Main St. Circleville, Ohio 43113

**July 20th-South Bloomfield Market**

8am-12pm; 5000 Park Place South Bloomfield, Ohio 43103

**July 20th-Adult Craft-Adventure Tote Bag**

1pm; Pickaway County Library

**July 21-Family Fun Night-Band, Food Truck, Activities**

5pm-8pm; Ted Lewis Park 443 N. Court St. Circleville, Ohio 43113

**July 27th-Ashville Community Market**

9am-12pm; Ashville Park

**July 27th-RhoadHouse 56 Summer Concert**

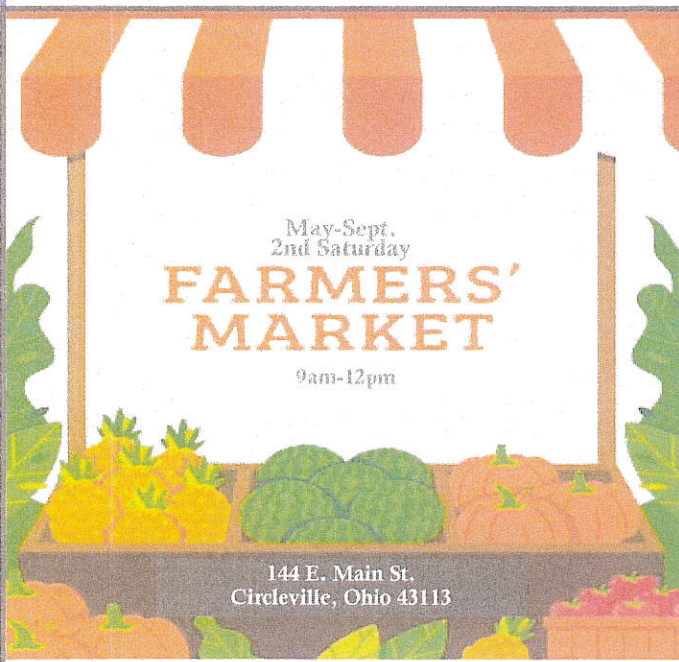
6pm-9pm; 1051 SR 56E Circleville, Ohio 43113

**July 26th & 27th-Ashville Food Truck & Community Festival**

Ohio’s Small Town Museum; 34 Long St. Ashville, Ohio 43103

**July 25th-July 27th-7 Mile Bluegrass Festival; Admission=non-perishable food items**

Pickaway County Fairgrounds; 415 Lancaster Pk. Circleville, Ohio 43113



**PICKAWAY COUNTY COMMUNITY MARKETS**

**Ashville**

May 25, June 22, July 27, August 24,  
September 21, October 19

**Circleville**


May 11, June 8, July 13, Aug. 10, Sept. 14

**Commercial Point**

May 4, June 1, July 13, Aug. 10, Sept. 7

**South Bloomfield**

June 8, July 20, Aug. 17, Sept. 14



**Heritage Health Care will provide a Blood Pressure and Glucose clinic on the 4th Tuesday of each month from 9:30am-10:30am**

**Next Clinic**  
Tuesday -July 23rd

**NEW in 2024**

**Therapeutic Stretching**  
From beginner to advanced. Therapeutic stretching benefits everyone. It aids in postural correction, pain management & promotes increased flexibility of muscles. Join us the first Tuesday of every Month!!  
**Next session: July 2nd @ 9am**




**CRAFTING WITH**  
*Sonya*  
of Pickaway Manor

**WEDNESDAY-JULY 3RD @ 1PM**  
**RSVP • 740.474.8831**




**OSHIP**  
**Wednesday**  
**July 24th, 2024**

**Review and compare:**

- 2024 Part D Plans
- Medicare Advantage
- Learn ways to save on Rx & Medicare costs


**STOP ON IN**  
**NO APPT. NECESSARY**  
**740.474.8831**

**PROMEDICA PRESENTS:**



**EACH THURSDAY AT 12:30PM**


**LEARN to play BRIDGE**  
**TUESDAYS AT 1PM**



**The Savings Bank, SmartBanking**  
**August 26th @ 1:30PM**  
*(No session in July)*

Talk seeks to educate consumers about the various kinds of scams and fraud that have become unfortunately prevalent in our society. These classes will cover the basics of a variety of topics—from phishing to sweetheart scams—before taking a deep dive into examples and how consumers can protect themselves.

**ALZHEIMER'S ASSOCIATION SUPPORT GROUPS**  
**CENTRAL OHIO CHAPTER**



**Build a support system with people who understand.**

Join us for an in person caregiver support group each month on the 2nd Thursday from 2p-3p at the Pickaway County Library 1160 N. Court St. Circleville, Ohio 43113

- Alzheimer's Association support groups, conducted by trained facilitator's, are a safe place for people living with dementia and their care partners to:
- Develop a support system
- Exchange practical information on challenges and possible solutions
- Talk through issues and ways of coping
- Share feelings, needs and concerns
- Learn about community resources

Please call to register : 1-800-272-3900

**SOLE SOLUTIONS**  
*Nurse Delivered Footcare*



**BY APPOINTMENT ONLY**

July 1st 8:30am-3:00pm  
July 8th 8:30am-3:00pm

**Call the center**  
**740.474.8831**  
to schedule your appointment  
**\$35 FOR ½ HOUR APPOINTMENT**



**July 1**

Sue Huffman  
Audith Thomas  
Karen Williams

**July 2**

Catherine Berry  
Michael Binion  
David Blue  
Les Cavanaugh  
Sharon Funk  
Dorothy Hewitt  
Don Kadunc

**July 3**

Alice Malott  
Dawn Neymeyer  
Madeline Sanders

**July 4**

Ann Slonecker  
Joan Conrad  
Pat Dewees  
Mike Stonerock

**July 5**

Debbie Black  
Deborah Patterson  
Ruth Tootle

**July 6**

Linda Arledge  
Candace Blair  
J Brown  
Mario Gizzi  
Betty Goings  
Earl McCombs  
Alma Schneider

**July 7**

John Cole  
Hollie Suggs

**July 8**

Danny Whightsel

**July 9**

Michael Dumm  
Joan Shires

**July 10**

Bea Smith  
Patricia Beathard  
Helen Lee  
Betty Makarius

**July 11**

Earl Palm  
Jane Winfough  
Richard Harwood

Nancy Hickman

**July 12**

Arlene Fortner  
Brenda Francis  
Ruth Heslop  
Joy Morgan  
Allen Rickey  
Brenda Wagner

**July 13**

Dolores Conley  
Nancy Pitt

**July 14**

Faith Barnes  
Alice Harker

**July 15**

Ruthanne Roush  
F Moran  
Minerva Smith

**July 16**

John Dean  
Marrienne Leedom

**July 17**

Ronald McMullen  
Linda Morrow  
Ted Barbee

Judy Barbour

Billie Carpenter

Elaine Cook

Karl Finley

Harold Stevens

**July 18**

Susan Beckley

Betty Burggraf

**July 19**

Julie Conley

Dixie Cook

Denise Deleon

Betty Garrabrant

Carl Hart

Linda Young

**July 20**

Blaine Hayes

**July 21**

John Butts

Kimberly Gaines

Glenn Metzler

Marjorie Pontious

Peggy Porter

**July 22**

Bill Bullock

Dwight Collins

Brenda Duvall

Martha Iles

Louise Smith

Marilyn Wolfe

Charlene Wood

**July 23**

Janice Coleman

Mary Hunter

**July 24**

Daniel Carruthers

Nancy Cutright

Charles McMullen

Deborah Smith

**July 25**

Wanda Davis

Charles Patrick

Sue Twining

**July 26**

Patricia O'Donnell

Judith Spicer

Patty Surratt

**July 27**

Glenn Bucy

Connie Campbell

Jane Fell

Tom Manson

Roy Mullins

Virginia Paxton

James Rhymer

Jackie Rose

**July 28**

John Cutright

Buck Hettinger

Linda Schupp

**July 29**

Roger Evans

Sandra Miller

**July 30**

Gregory Caplinger

Phyllis Imler

Doris Jones

**July 31**

Jim Davis

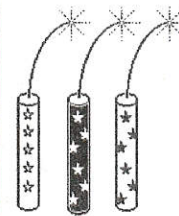
Patricia Dewitt

R Durham

Independence Day Sudoku 7

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

**4th OF JULY**  
HAPPY INDEPENDENCE DAY



4th of July Word Search

BLUE  
CONGRESS  
ENGLAND  
FIREWORKS  
FLAG  
FREEDOM  
JULY  
KING  
LIBERTY  
PARADE  
RED  
STATES  
TAXES  
UNITED  
WAR  
WHITE

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



**May \$10 Fund Donations**

**Special Thanks**  
 Exercise Class donated a Grand Total of \$338.00 to the Center during the month of April!!

**May New Members**  
 Sherry Gainer    David Greeno  
 Janet Grimm    Rita Painter  
 Nancy Sawyer

Dale & Patricia Edwards  
 Jim & Naomi Adkins  
 Wayne & Janice Atwood  
 Bonnie Hildenbrand  
 Jeane Crider  
 Gloria & Paul Knece

Your donations are VITAL to daily Center operations! Donations received *by* May. 1st are included in this newsletter. Submissions must be made **2 months** prior to ensure publication for requested month. I.e.: July publications must be received by May 31st

**MEMBERSHIP RENEWAL FORM — THANK YOU FOR RENEWING!**

You are invited to renew your membership by **March 31, 2024!** This will ensure you continue to receive the monthly newsletter. **Dues are \$10.00** per year per person.

NAME

ADDRESS

CITY/STATE/ZIP

TELEPHONE

BIRTH DATE

MEMBERSHIP(S): \$10 per person + DONATION to \$10 Fund = CHECK TOTAL \$ \_\_\_\_\_

CHECKS PAYABLE: Pickaway Senior Center    MAIL TO: 2105 Chickasaw Dr, Circleville OH 43113



All new 18 private  
 rehab Suites

*You have a choice*

**LOGAN ELM**

— HEALTH CARE —

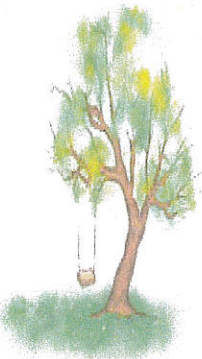
THE RIGHT PLACE. THE RIGHT CHOICE.

**370 Tarlton Rd.  
 Circleville, OH**

**740.474.3121**



**In Memory of  
 Gordon Lloyd  
 On his Birthday  
 July 30th  
 Given by,  
 Kathleen Lloyd**



*Time flies, but memories last forever.*

*Sincere condolences to Family  
 & Friends of our dear  
 Members who passed in May*

*Gene Hall  
 Richard Jones  
 Earl Palm  
 Stephen Gary  
 Van Tish  
 Joyce Matzenbach*

*Please notify the center of a Members  
 passing. We will respectfully publish the  
 following month*



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CONTACT ME Dan Goben

dgoben@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

TTY/TDD Customers:  
 Contact Ohio Relay Services at 711 or 1-800-750-0750

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 admissions@luxerehabcenter.com  
 www.luxerehabcenter.com  
 957 BECKS KNOB RD., LANCASTER, OH 43130

**Heartland** 

HOSPICE

116 Morris Rd., Suite B • Circleville, OH 43113  
**740-420-0605**



**Parkinson's Support Group**

Monday-August 5, 2024 @ 12:30pm

At the Pickaway Senior Center

Debbie Young-Director of Nursing at Brown Memorial will host an educational discussion on Parkinson's.



**Our Mission:**  
To provide Pickaway County residents in need with food assistance.

The Food Pantry is located at 722 Clinton St. (behind PICCA).  
Our hours of operation are M/T/W/F 1pm to 3:45pm and Thursdays 1pm-6pm. Customers may receive food once a month. Please bring a picture ID & proof of Pickaway County residency. Send mail to P.O. Box 1011, Circleville, Ohio 43113.  
You may contact us @ 740-412-1538

**FOOTLONG DRIVE-THRU WEDNESDAY JULY 3RD**

FOOTLONG COMBO=\$6  
Includes Grilled Footlong, Baked Beans, Chips, Cookie & Soda.

FOOTLONG=\$3

Please rsvp in the Volunteer Office or call 740-474-8831



**PUMPKIN SHOW BAND & TENDERLOIN SALE**



GRAB YOUR FRIENDS AND GRAB YOUR LAWN CHAIRS! JOIN US FOR A FUN FILLED EVENING OF MUSIC & FOOD!



WHERE: PICKAWAY SENIOR CENTER PARKING LOT

WHEN: TUESDAY-JULY 16TH

TIME: 6PM-8PM

Open to the Public \* Restrooms will be open



**Mini Fellowship!**

Stay tuned for details in the August Newsletter

**Hear What You've Been Missing!**

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Scan to contact us!



740.474.6238

158 East Mound St  
Circleville

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[BrownMemorialHome.org](http://BrownMemorialHome.org)



Pickaway Senior Center  
2105 Chickasaw Dr.  
PO Box 565  
Circleville OH 43113

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

RETURN SERVICE REQUESTED

Current Resident



**DON'T MISS OUT**  
**Check out upcoming**  
**events and activities**  
**at the Center!**

Director's Desk ..... p1  
Overview of Services ..... p2  
Special Topics ..... p3  
Monthly Activities ..... p4  
Travel & Community..... p5  
Birthdays ..... p6  
Memberships & Donations p7  
In Memory ..... p8  
Special Announcements ... p9  
Menu Calendar .....p10  
Activities Calendar .....p11  
Statistics & Thank You's ... p12

**APRIL STATISTICS**

**Transportation**

38 people  
279 transports  
4,468 miles

**Adult Day Care**

8 people  
89 transports  
500 miles

**Hot Meals Delivered**

8,347 meals  
8,514 miles

**Meals Served In Person**

450 congregate meals

**Fresh Produce Disbursed**

4,124 pounds of produce

**Commodities Disbursed**

135 families served

On Monday, July 29, 1:30pm, Katie Harper, from the Office of Ohio Attorney General Dave Yost, will share with us the "Cybersecurity Help, Information, and Protection Program (CHIPP)".

As consumers of all ages rely more and more on technology, it is vital they understand how to protect their electronic devices and keep personal information private. Learn about the importance of both security and privacy, including the special challenges presented by the use of smartphones and other mobile devices.

Snacks will be provided by the Senior Center. This event is not sponsored by the Ohio Attorney General's Office. The Ohio Attorney General's office does not specifically endorse or recommend Pickaway Senior Center or any products or services affiliated with Pickaway Senior Center.

