From the Desk of the Director

Merry Christmas and Happy New Year!
What a year it has been! We are looking forward to the holidays and all the good things coming in 2022!

Mark your calendars, the center will be hosting a Special Christmas Open House on Thursday, Dec. 9 from 1 to 3 p.m. Please stop by for a visit and refreshments! Santa may even make an appearance!

We will be hosting a Grab and Go Lunch on Thursday, Dec. 16 from 11 am to 12:15 pm. We will be serving sloppy joes. Please call to RSVP by Friday, Dec. 10.

All are welcome to join us for lunch each day, Monday through Friday, at 11:30 a.m. Please call and RSVP if you would like to have lunch.

The next produce distribution day will be Thursday, Dec. 9 starting at 8 a.m. This will be the only day for distribution in December due to the holiday.

The next Commodity pick-up will be Tuesday, Dec. 21. Applications for 2022 were distributed in November. A new application for this program is due each year. Please return during the December distribution.

 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.

Winter weather has arrived. You can check for center closing details on WBNS Channel 10 or on the radio at WKKJ 94.3.

The center will be closed Friday Dec. 24, Monday, Dec. 25, and Friday, Dec. 31.

Stay safe and have a Wonderful Christmas! Please join us for an activity, or lunch at your Senior Center! All are welcome!

Holly Cottrill, Executive Director
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, 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 and grocery shopping.

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

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

Tips to Strengthen your Emotional Wellness Cope with Loss
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 and be mindful 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 # 5 Cope with Loss.

When someone you love dies, your world changes. There is no right or wrong way to mourn. Although the death of a loved one can feel overwhelming, most people can make it through the grieving process with the support of family and friends. Reaching out to your health care provider may also help you navigate your grief. To help you cope with loss, I encourage you to explore these suggestions:

Take care of yourself. Go back to the basics. Rest, eat healthy meals, drink water and move a little more. It may be hard to remember some of your self-care measures, but they really can help you feel stronger.

Talk to a caring friend. 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.

Try not to make any major changes right away. Take your time before you make any major decisions such as selling your home, moving or changing jobs. Pause and reflect on what your next steps may be. Talk to your family or friends for their input before making any major changes.

(article cont’d on pg 9)
DECEMBER BIRTHDAYS-HAPPY BIRTHDAY!

DECEMBER 1
VIRGINIA ARCHER
HAROLD PHIFPS
HERSCHEL ROSE
JACQUELYN WRITSSEL
JERRY ZIELINSKI
BECKY DAVIS

DECEMBER 2
DIANNA BERRY
TERRY CAMPBELL
EVELYN CONLEY
DICK GRAMBO

DECEMBER 3
MARIAN HALLUM
SALLY HENSON
SUSAN SOWERS
FLORENCE WILLIAMS

DECEMBER 4
ROBERT CARNES
ERNEST HADDOX
ROSE HENSON
CAROL LEMING
JUDY SCHOOLEY
LINDA WUNSCH

DECEMBER 5
BETTY BENSON
ROBERT GARNER
MICHAEL KENT
MARTHA STONEROCK
ANN FAULK

DECEMBER 6
WILLIAM FRABACK
JEAN HARRAL
JAMES HASTINGS
BETTY HIGGINBOTHAM
CATHY MOSS
GEORGE THODE
MELANIE WILLEFORD

DECEMBER 7
GEORGE MATEER

DECEMBER 8
JACK MCGILL

DECEMBER 9
CONNIE SWOYER

DECEMBER 10
JOAN BOWMAN
SANDRA DOWDEN
NAOMI HAY
PAT SNUGGS

DECEMBER 11
JOYCE BOZMAN
DAVID GARRETT
RONALD HUFFMAN
VIRGINIA LIFF
BARB TILTON

DECEMBER 12
JOHN BARNHART
MARVIN RITTINGER
ROSIE ROESE
NORMAN WYKOFF

DECEMBER 13
WANDA ADAMS
DONALD DENNIS
MARTHA GEARHART
LEOLA POLLOCK
LAWRENCE PRITCHARD

DECEMBER 14
CAROLYN CLEMONS
LARRY JEFFERS
JERRY MICHAEL
STEPHANIE SHARPNACK
HELEN WHITE
CHARLES GARRABRANT

DECEMBER 15
BETTY GINTHER
DELPHA HENRY
DEBORAH HOLT
BONNIE MORRISON
SARALEE TERFLINGER
CONNIE DAVIS

DECEMBER 16
DANA BORROR
LORETTA DETTY

DECEMBER 17
CHARLOTTE ARBOGAST
ROBERTA COOK
THEOPHIL FERGUSON
JAMES "MARTY" KING
WAYNE MEINEN
JANE SMITH

DECEMBER 18
MARGUERITE ALLEN
JOYCE DELONG
PAMELA ELICK
ANN LEETH

DECEMBER 19
VIOLET CARSON
GLORIA REYNOLDS
LARRY STONEROCK

DECEMBER 20
NANCY BALDINGER
JAMES HEDGES
JUDY HUNT
GEORGIA SHEPARD

DECEMBER 21
DONALD DAUBENMIRE
MELVIN MCNEAL

DECEMBER 22
JO ANN SCHLEGLER
DARRELL SMITH

DECEMBER 23
ARLENE HART
JANE LOWERY
RUTH ANN TENER

DECEMBER 24
JOANN WOODWARD

DECEMBER 25
JOHN FLEMING SR
JOHN SKAGGS
MARY TACKETT

DECEMBER 26
KATHY KLINGESMITH
JOSEPHINE MYERS
PEGGY WILKINSON

DECEMBER 27
TOM TOOTLE

DECEMBER 28
SUE BENNER
CAROL FLETCHER
PAULA PRINDLE
GERALD RUSH
CLAUDETTE WILSON

DECEMBER 29
HAROLD BRILL
JANICE KERNS-bothel
JONNIE OAKLEY

DECEMBER 30
KAREN DIXON
DEBBIE DUMM
MARYELLEN GRAY
CANDICE HARRINGTON
MARY NELSON
MARY STEWART

DECEMBER 31
ALLEN BLACK
SPECIAL THANKS TO THE FOLLOWING PEOPLE...

New Members
Martha Martin
Doris Gillespie
Sharon Walrath
Tom Wallace
Carol Wallace
Lydia DeLong

Memorial/Honor of Donations
In Loving Memory of
My Husband, Bob Fausnaugh
Given By Wife, Marilyn Fausnaugh
In Memory of
Ron Harber
For our Anniversary in November and his birthday 12-18
Given by his Wife of 45 years in 2016,
Anna Harber
In Memory of
Norma June Ankrom
Given By,
Bill Ankrom & Family
In Memory of
Fern Bozeman
Given By,
Linda Burns
In Memory of
Nancy Bitzel
Given By,
Howard Bitzel

Memorial/Honor of Donations
In Memory of
Patricia A. Canarsky
Birthday- 10/25/41
Passed- 11/8/20
Given By,
Al Canarsky
In Memory of
Dale Keller & Ann Curtis
Given By,
Jo Ann Leatherwood
In Memory of
Richard & Roma Conrad
for their December 21st Anniversary
Given By,
Glenn & Linda Reeser
In Memory of
Maria & Ludwig Baureis
Given By,
Doris Dodson

$10 Fund Donations
Linda Harden
Jeane Crider
Charles & Susan Patrick

THANK YOU
for your generosity
Christmas Trivia

1. What are the two other most popular names for Santa Claus?
2. Elvis isn’t going to have a white Christmas, he is going to have a ______ Christmas?
3. In the classic Christmas movie, How the Grinch Stole Christmas, the Grinch was described with three words. What were they?
4. Which one of Santa’s reindeer has the same name as another holiday mascot?
5. What is the best selling Christmas song ever?
6. What was Frosty the Snowman’s nose made out of?
7. Three of Santa’s reindeer’s names begin with the letter “D” what are those names?

Write your answers:
1. ___________________________
2. ___________________________
3. ___________________________
4. ___________________________
5. ___________________________
6. ___________________________
7. ___________________________

To be entered into December’s Gift Card Raffle please mail back to the Center along with:
Name, Address & Phone Number: ________________________________
________________________________________________________

Deadline December 31. Congrats to October Raffle Winner: Tillie N.
**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

**DRIVE-THRU LUNCH**  
Thursday, December 16  
Sloppy Joe  
11:00 am–12:15 pm  
RSVP by December 10 - Suggested Donation $3  
If you are interested in stopping by and picking up a lunch on that day please call the Center at 740-474-8831 to RSVP.

**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.
Holiday Open House at the Senior Center

December 9th 1:00 pm-3:00 pm
Stop by the Center and say Hello that day and enjoy some refreshments.

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.

GIFT CARD RAFFLE

For your chance to be entered into a gift card drawing please complete the December Trivia on page 6 and send us your answers. Deadline is December 31. Gift Card drawing will be held the first week of January. You can submit answers by mail to the Center at P.O. Box 565, Circleville, OH. Be sure to include your name, address and phone number. Winner will be contacted first week of January. Thank you.

Don't yell at your Computer, let us fix it!
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) 398-1058 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
This institution is an equal opportunity provider and employer

CONSTANCE CARE HOME HEALTHCARE
• Free Nursing Evaluation • 24 Hrs / 7 Days a Week • RNs and LPNs
• Therapy (PT, OT, ST) • Lifeline Monitoring System • Home Health Aides

From our house... to yours
Quality Service In...
Pickaway, Fairfield, Fayette, Ross and Hocking Counties.
All employees bonded!
EDOE Provider/Medicare Certified Agency

Trusted In-Home Care
Live life your way! From a few hours to 24/7 care, we’re there when and where you need us.
Personal care, Housekeeping and More!
740-689-9410
homehelpershomecare.com/lancaster
Each office is independently owned & operated

WE'RE HIRING
AD SALES EXECUTIVES
BE YOURSELF. BRING YOUR PASSION. WORK WITH PURPOSE.
• Work-Life Balance • Paid Training
• Full-Time with Benefits • Some Travel
• Serve Your Community

Contact us at: careers@4li.com | www.4li.com/careers

For ad info. call 1-800-477-4574 • www.lpicommunities.com
Join a grief support group. A support group can help you move through the grief process. Seeing the hope shared by others – and the ways they cope with loss can help.

Consider professional support. A counselor may provide additional support. Don’t be afraid to reach out to your local mental health center or health care professional for assistance.

Talk to your doctor if you’re having trouble with everyday activities.
Don't wait until your next appointment to call your doctor. Make an appointment if you are having trouble coping with your activities of daily living.

Be patient. Mourning takes time. Ask for help from a close friend or family member if you need help with everyday tasks. Allow yourself time to grieve. There isn’t a set time for mourning to be over. For some it is quicker than others but for others it takes more time. Realize that each person experiences grief at their own pace and give yourself the grace to move through your experience.

Coping with loss is difficult no matter when it occurs. Explore these tips and suggestions to help you through your grief. Help is available. Don’t be afraid to ask for support. Sources: https://www.nimh.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist-2021-2.pdf
https://www.aarp.org/caregiving/grief/loss-end-of-life/?cmp=RDRCT-bf1da46e-20210730
https://hospicefoundation.org/Grief-(1)/Support-Groups
Support Group Resources: AARP Grief and Loss Resources - Support after the death of a senior
National Widower's Organization - Support for men grieving a loss

Submitted By: Michelle Treber/Family and Consumer Sciences Educator/ OSU Extension - Pickaway County
Treber.1@osu.edu 740-474-7534
S.A.L.T Council Meeting

Join the S.A.L.T. Council come back on Wednesday December 15th at 1 p.m. Meetings will be in the Koch Meeting Room at Pickaway County Library.

Come play S.A.L.T. HOLIDAY BINGO & ENJOY HOLIDAY COOKIES

Come enjoy a different kind of Bingo to learn about terms that will help protect you against fraud, scams, financial exploitation and abuse. There will be holiday prizes, cookies and refreshments. You must call the Senior Center at 740-474-8831 to put your name on the attendance list before the DEC. 15th meeting.

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

Birthdays ....................... Pg 4
Trivia ................................ Pg 6
Savannah Trip ........................ Pg 7
Gift Card Raffle ...................... Pg 8
Menu .................................. Pg 10
Activities Calendar ............. Pg 11

PAINT CLASS
Promedica Hospice will be hosting a paint class at the Center. Class size limited to 20. December 2nd at 1:00 p.m. There is no cost for the class. All supplies will be furnished. Please call the Center to reserve your spot. 740-474-8831.