

DECEMBER  
2021

# 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](http://www.pickawayseniors.org)

### IMPORTANT DATES:

**WEDNESDAY, DECEMBER 8**  
**BOARD MEETING**

**THURSDAY, DECEMBER 9**  
**PRODUCE TRUCK 8:00 AM**  
**OPEN HOUSE 1:00 PM-3:00 PM**

**THURSDAY, DECEMBER 16**  
**DRIVE-THRU LUNCH 11:00 AM**

**TUESDAY, DECEMBER 21**  
**COMMODITIES**

**FRIDAY, DECEMBER 24**  
**CENTER CLOSED**

**MONDAY, DECEMBER 27**  
**CENTER CLOSED**

**FRIDAY, DECEMBER 31**  
**CENTER CLOSED**



## 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



**Pickaway Senior Center  
Board of Directors:**

Brenda Strittmatter	President
Tonya Thompson	Vice President
Connie Kelly	Treasurer
Sally Galecki	Secretary
Al Canarsky	Membership Pres.
Holly Cottrill	Executive Director
Dennis Bothel	Fiscal Officer
Lisa Robbins · Ed Boyer	
Pat Acord ·	
Jackie Rish · Sheriff Matthew Hafey	

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**Commissioners:**

Jay Wippel · Gary Scherer  
Harold Henson

## PICKAWAY SENIOR CENTER

2105 Chickasaw Drive  
P.O. Box 565  
Circleville, OH 43113

[www.pickawayseniors.org](http://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 - 4:00 pm**

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

**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**

**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





**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 PHIPPS  
HERSCHEL ROSE  
JACQUELYN WRITSEL  
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

JOANN 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 SHARNACK  
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 SCHLEGLE  
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



### \$10 Fund Donations

Linda Harden

Jeane Crider

Charles & Susan Patrick



### 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 Bozman

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



## 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.



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## PICKAWAY SENIOR CENTER DECEMBER 2021 NEWSLETTER

### 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!

*We will fix it or  
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### PICKAWAY HOUSING AUTHORITY

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• Providing affordable housing for  
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## PICKAWAY SENIOR CENTER DECEMBER 2021 NEWSLETTER

**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.nih.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](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](mailto:Treber.1@osu.edu) 740-474-7534



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*RETURN SERVICE REQUESTED*

Current Resident



### **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.**

