



Pickaway Senior Center

"WE'RE LIVING IT UP"

From the Desk of the Director

Happy August!

It is hard to believe it's August already. It feels like this year is flying by! I hope you all have enjoyed summer so far.

Thank you to all of those who donated items for our fundraiser dance and thank you to all those who attended. I hope you all had a great time. We look forward to more dances in the future.

Here's what we've got coming up this month at the center:

Free Produce Distribution is Thursday, Aug 11 and Thursday, Aug 25, starting at 8am; Commodities on Tuesday, Aug 16 starting at 8 am.

Get ready to stretch! Chair yoga will be held Thursday, Aug. 11 and 25 at 12:30 pm. No sign-up required; presented by Promedica Hospice.

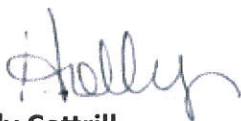
The second class in the Master of Memory Program will be held on Tuesday, Aug. 9 at 1 pm. Taught by the OSU Extensions office, this class is the second part in the series which started in July. All are welcome to attend. (see page 8)

We are planning to cool off with an ice cream social Monday, Aug 15 at 12:30 pm. Please RSVP if you would like to attend!

We will hold a Summer Paint Class presented by Promedica Hospice on Thursday, Aug 18 at 1 pm. This will be a beach painting! Limit 20 per class. (see page 9)

The center will be closed for all activities and home delivered meals on Monday, Aug 22 for all day staff training. We will re-open as usual on Tuesday, Aug 23. Thank you.

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



Holly Cottrill,
Executive Director

IMPORTANT AUGUST DATES:

WEDNESDAY, AUGUST 10

BOARD MEETING 10:15 am

THURSDAY, AUGUST 11

PRODUCE TRUCK..... 8:00 am

CHAIR YOGA 12:30 pm

TUESDAY, AUGUST 16

COMMODITY BOXES 8:00 am

WEDNESDAY, AUGUST 17

OSHIIP COUNSELING

..... 8:30—10:30 am

THURSDAY, AUGUST 25

PRODUCE TRUCK..... 8:00 am

CHAIR YOGA 12:30 pm

Pickaway Senior Center
2105 Chickasaw Drive
PO Box 565
Circleville OH 43113
740-474-8831
www.pickawayseniors.org

Pickaway Senior Center

Board of Directors:

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Tonya Thompson	Vice President
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Pickaway County

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PICKAWAY SENIOR CENTER

2105 Chickasaw Drive
PO Box 565
Circleville OH 43113

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 — 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 Pickaway Senior Center 11:30 am, Monday — Friday.



Meals on Wheels:

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

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

Assistance with completing paperwork related to Medicare & Medicaid, HEAP and Commodities.

Transportation

Transportation, for those over 60 years old, residing and traveling in, Pickaway County, is available by request for doctor, other medical appointments, grocery shopping, .

For information on any of these services, call the
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 through Ohio Department of Aging
- Funds from the senior levy as passed by the Pickaway County voters
- Private donations and fundraisers

"NO ONE HAS EVER BECOME POOR BY GIVING."

ANNE FRANK



AUGUST BIRTHDAYS-HAPPY BIRTHDAY!



AUGUST 1

Shirley Cornelius
Joyce Dumm
Doris Gruebel
Donna Malone
Earl Mink
John Neymeyer
Shirley Quillen
David Stockham
Kathleen Wilson

AUGUST 2

Brenda Copes
Elizabeth Konkle
Dee Mogan
Joy Murdock
Deskey Posey

AUGUST 3

Sharon Allman
Charles Griffey
Glenn Reeser
Nancy Schneider
Timothy Summers

AUGUST 4

Linda Adams
Regina Ghearing
Mae Harber
Mary Metzler

AUGUST 5

Ruth Bishop
Ray Brown
Grace Lindsey
Paul Rine
Victor Smathers
Ann Thompson

AUGUST 6

Vicki Badger
Sally Hafey
Barb Hull
Becky Ramey
Joan Taylor

AUGUST 7

Sue Hoylman
Michelle Schatzman

AUGUST 8

Pat Acord
Eleanor Dean
Mary Seymour

AUGUST 9

Gloria Adams
Gene Cutlip
Brenda Fowler
Ann Hoffman
Phyllis Kint
Shirley Marion

AUGUST 10

Coletta Brown
Betty Colburn
Betty Combs
Larry Dean
Linda Dean
Sally Jones
Betsy Marsh
Edith McCloud
Shirley Queen
Ollie Ratliff
Cheryl Roosa
Ruth Tatman
Eleanor Wardell



AUGUST 11

Roger Diehl
Karen Hall
Jeanine McDowell
Delbert Poling
Charles Schlegler
Betty Stevens

Dan Teal
Randy Walker

AUGUST 12

Jane Ramey
Faye Smith
Jane Stevenson

AUGUST 13

Paul Knece
Elmer Winner

AUGUST 14

Noel Crawford
Delores Helsel
Robert Parmer
Leah Pettit
Norma Rich

AUGUST 15

Anne Canan
C Fry
Alice Harriman
Betty Smith

AUGUST 16

Mary Dyck
Nancy Fee
Gail Howard
Teresa Matsushita
Joanne Stant
Patricia Von Ins

AUGUST 17

Carolyn Cline
Marilyn Fausnaugh

AUGUST 18

Mildred Cline
John Lake
Diane Sanyal

AUGUST 19

Dorothy Mumaw

AUGUST 20

Willis Davis
Sherrie Landis
Linda Nichols
James Shaw
Jean Shaw
Richard Speakman

AUGUST 21

Glenn Kuhn

AUGUST 22

Clarence Cardwell
Martha Curry
Lawanda Gates
Daniel Namowicz
Paul Steele
Robert Theado

AUGUST 23

Jane Davidson
Kathleen Hall
Rachel Hettinger
Mary Lindsey
Evelyn Preston
William Robbins
Lauretha Spaulding

AUGUST 24

Dorothy Johnson
Elsie See
Sally Stevens
Carole Topping

AUGUST 25

Jean Fissell
Patricia Pontius
James Riley
Karen Stockham



AUGUST 26

Jane Brown
Doris Conrad
Patricia Simpson

AUGUST 27

Bernard Knapp
Wanda Luckhart
Charles Smith
Rosie Tharp
Laverne York

AUGUST 28

Ginny Brown
Jerry Cook
Jane Fath
Ula Metzler
Joyce Mounts
Margaret Tootle
Carol Wade

AUGUST 29

William Allman

AUGUST 30

Harold Dewees

AUGUST 31

Kenneth Graf
Kim Hartinger
Theresa Kerns
Mike Perkins
Frances Rush
Robert Valentine



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**

EMPLOYEE SPOTLIGHT:

Pam Blankenship, Nutrition Co-Coordinator

"I have served in healthcare settings for more than 30 years," says Pam, "because I want to make a difference in the lives of seniors."

Serving as a dietary aide in a skilled nursing facility over summer break, at age 16, kicked off her life-long commitment to nurturing and proving nutrition to some of the most vulnerable among us.

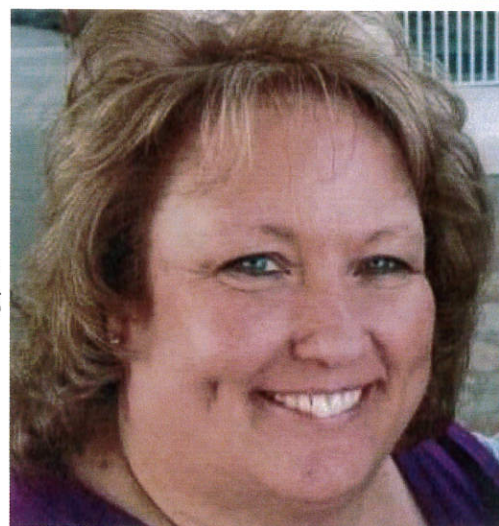
Her trajectory took her from dietary aide to cook to kitchen manager over a 30+ year career. Most recently, during the Covid pandemic, she served a skilled nursing facility in Fayette county, near her home.

"I realized I needed to make a change, to have different challenges, and Holly happened to call at the right moment! I began with Pickaway Senior Center in November 2021."

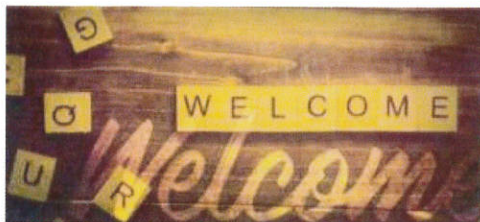
When you meet Pam, you can tell she loves to cook and she's a real people person. Her desire to make a difference is readily evident as well. Her favorite part of the day is after the more than 375 home delivered meals are prepared, packaged, and out the door, and the congregate meal is prepared and served, she has the time to sit down with our guests and share the meal she's prepared.

"I love it here at the Center. I enjoy visiting with our lunch guests each day and working with staff to ensure our senior neighbors and friends are fed and cared for."

All told, Pam prepares at least 400 meals, each day, Monday-Friday, for the YOUR Senior Center!



SPECIAL THANKS TO THE FOLLOWING PEOPLE...



New Members

Gerald Bettinger
Brenda Graf
Kenneth Graf
Renee McNichols
Brenda Mears

~~~~~

### **\$10 Fund Donations**

Linda Harden  
Susan Patrick  
Kathy Henn  
Stuart & Stephanie Sharpnack  
Ellery Elick  
Kenneth Hardesty

~~~~~

*Your
donations
make a difference
in our
Community!*

~~~~~

### **Memorial/Honor of Donations**

In Memory of  
  
Willard Conley, Jr

Given by,  
Hurst Pack

~~~~~

In Memory of

Pamela Elick

Given by,
Ellery Elick

~~~~~

In Honor of

**Richard D Fenwick**

*on the anniversary of his passing  
August 4, 2021*

Given by,  
Judy Fenwick &  
sons Nolan & Ben

~~~~~

In Memory of

Bill Fee

in honor of his July 28 birthday

Given by,
Janet Fee

~~~~~

In Memory of

**Richard T Greene**

*my brother-in-law*

Given by,  
Jeanette (Greene) Gerhart

**THANK YOU**  
*for your generosity*

In Celebration of

**Family & Friends**

Given by,  
Virginia Russell

In Memory of

**Mary Grubb**

*on the anniversary of her  
August 16 birthday*

Given by,  
Julie Imler,  
daughter

~~~~~

In Memory of

Edith Ann Polley

Given by,
Barbara & Gary Misko
Meg & Don Kadunc
Teays River Dancers

~~~~~

### **USPS MAIL SNAGS — *got mail?***

New postal service software and/or equipment requires different address details. If you expected your newsletter in the mail, but had to pick it up, please let us know! Last month, more than 70 mail pieces were returned to us with "incorrect address" or "no mail receptacle". The issues were typically related to an incorrect apartment or lot number, an abbreviation for "highway" or the directional indicator (N, S, E, W) being spelled out. Some of these "errors" left your Administrative staff and volunteers scratching their heads. It took the full team, working for a little over a week, to resolve all the issues, but we accomplished the task!



## PARTNER SPOTLIGHT: Mid Ohio Food Bank



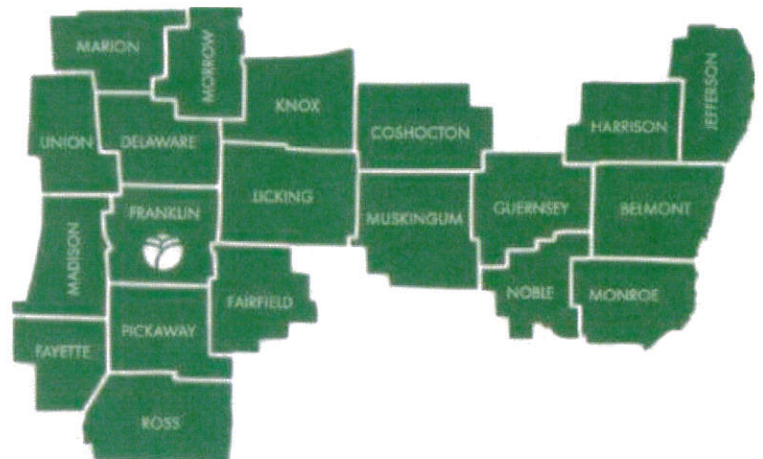
**Hi. We're your Mid-Ohio Food Collective. (Visit <https://www.mofc.org> for all the details!)**

Yes, we're a food bank. We collect and distribute an impressive amount of food. But that's not all. We're a hub for caring people who want to give back with their time, talent and treasure. We're a welcome place to imagine and to test out fresh new ideas to tackle tough social issues. We're a collection of passionate people who want to do all we can for poverty and health as a whole. So, when life happens, we're here for our neighbors who need us.

**Our mission is to end hunger  
one nourishing meal at a time  
while co-creating communities  
where everyone thrives.**

*Our vision is hunger-free  
and healthier communities.*

**ONE GOAL – END HUNGER.  
Today, tomorrow and for a lifetime.**



### Who We Serve

- People in our area who are eligible to receive our aid are missing, on average, 52 days of eating a year.
- We serve 20 counties covering nearly 10,000 square miles.
- Our goal is to close the 144 million-meal gap in our region.

We provide more than 170,000 meals each day for hungry people in central and eastern Ohio. Our network of 680 member agencies directly distribute the vast majority of the nutritious food the Mid-Ohio Foodbank handles each year.

### A NOTE FROM YOUR SENIOR CENTER:

Each month, information about MidOhio FoodBank's impact on Pickaway seniors will be posted on the back page of the Newsletter; Meals on Wheels, Transportation, Adult Day Care, and Congregant Lunch info, too!



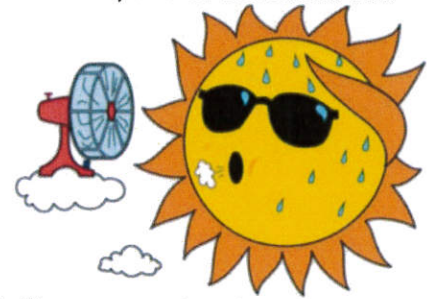
## HEAT-RELATED CHALLENGES FOR OLDER ADULTS (Spotlight: Ohio Department of Aging)

Temperatures in the 90s with a heat index of 100F or higher are possible in August. The Ohio Department of Aging reminds us extreme heat should be treated with the same care and preparation as summer storms.

"As we age, we sometimes find that our bodies can't handle extreme conditions as well as when we were younger," said Ursel J McElroy, director of the department. "Know your limitations and take precautions to help your body stay cool. Check on older loved ones and neighbors regularly, since they are at increased risk for heat-related illness and complications."

### To stay cool during extremely hot days, the department recommends:

- Drinking plenty of cool, non-alcoholic beverages (avoiding extremely cold liquids and beverages with high levels of sugar or caffeine);
- Wearing loose-fitting, lightweight clothing and resting frequently;
- Planning outdoor activities for cooler parts of the day, such as early morning or late evening;
- Taking cool baths or showers; and
- Seeking an air-conditioned environment, such as a store, restaurant, public library, or a family member's or neighbor's home, if the indoor temperature in your home is higher than is comfortable.



All Ohioans are encouraged to check in on older loved ones and neighbors before, during, and after severe weather, including very hot days. Checking in helps them feel connected and lets them know you care. It also gives you an opportunity to ensure they are safe and healthy and have the resources to stay that way.

- Is the indoor temperature comfortable? Is there safe means to keep it that way if it stays hot outside?
- Do they need medical attention? Do they appear alert and aware? Have they fallen? Are they staying cool enough? Are they taking their medications as prescribed?
- Do they have safe food and water? Are they eating and drinking regularly?



## All new 18 private rehab Suites

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Circleville, OH**

**740.474.3121**





## PICKAWAY SENIOR CENTER AUGUST 2022 NEWSLETTER

### LACOMEDIA DAY TRIP — 3 SEATS NOW OPEN!!

25th Putnam County Spelling Bee

**August 25, 2022**

**Cost is \$82**

Includes: Bus transportation, Show, Buffet Lunch; bus departs Pickaway Senior Center 9am and returns 6pm.

#### CALL ASAP TO GRAB A SEAT.

Winner of the Tony and the Drama Desk Awards for Best Book, *The 25th Annual Putnam County Spelling Bee* has charmed audiences across the country with its effortless wit and humor. Featuring a fast-paced, wildly funny and touching book by Rachel Sheinkin and a truly fresh and vibrant score by William Finn, this bee is one unforgettable experience.

### ARE YOU A MASTER OF MEMORY?

join us • FREE program • mastering memory

**Tuesday, August 9 at 1—2 pm**



Presenter, **Jessica Lowe**, is Family & Consumer Sciences Educator, the Ohio State University Extension Office, Pickaway County. She teaches classes on nutrition, health & wellness, and money management throughout the community. She is a graduate of both Ohio University and Ohio State University, and is a life-long Pickaway County resident. In her free time, Jessica can be found in her garden, talking walks around the neighborhood, or knitting.

**Questions?** Contact Jessica ([lowe.495@osu.edu](mailto:lowe.495@osu.edu), 740.474.7534.

#### TOPICS OF FOCUS:

How Nutrition & Exercise Affect Memory  
Medication & Memory

Different Types of Memory  
Strategies for Remembering



## Don't yell at your Computer, let us fix it!

We will fix it or  
it's free.

**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) 398-1098 for an appointment.**

### 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

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Each office is independently owned & operated



*Our Mission is to improve your health and well-being.*

**PROMEDICA** | Your Health. Our Mission.

Formerly Heartland Hospice

116 Morris Rd. Suite B • Circleville, OH 43113

740-420-0605



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For ad info. call 1-800-477-4574 • [www.lpcommunities.com](http://www.lpcommunities.com)

14-1576



## PICKAWAY SENIOR CENTER AUGUST 2022 NEWSLETTER

Cathy Keaton, RN, Promedica Hospice Presents:



Join us the second and fourth  
Thursday of each month at 12:30 pm!

**Thursdays, August 11 and 25**



**PAINT CLASS • August 15 • 1PM**  
**740.474.8831 • RSVP • 20 SEATS**



*Through the work of  
MidOhio FoodBank  
your senior center provides*

**Commodity Boxes on the third  
Tuesday each month!**

**Paperwork must be completed to pick up.**

Commodity box contains \*USDA shelf stable  
food items like beans, other dry foods,  
canned goods, juice, and a block of cheese.

*\*United States Department of Agriculture*

### GET THE FINEST CARE



At OhioHealth, you can choose between virtual or in-person  
appointments at one of our 200+ care sites across the state.  
It's how we provide the finest care, anywhere.

Schedule your next visit at [OhioHealth.com/FinestCare](https://OhioHealth.com/FinestCare).



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**Miller Commons** In Northern  
Pickaway Co.

Luxury Senior Flats—ages 55+ **NOW LEASING**  
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**Pickaway Manor**  
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[www.macintoshcompany.com/Pickawaymanor](http://www.macintoshcompany.com/Pickawaymanor)

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For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1576



**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



## JUNE VITAL STATISTICS

### Transportation

33 people  
177 transports  
**8338 miles**

### Adult Day Care

9 people  
122 transports  
**1012 miles**

### Hot Meals Delivered

**8181 meals**  
**6864 miles**

### Meals Served In Person

**607 congregate meals**

### Fresh Produce Disbursed

**4391 pounds of produce**

### Commodities Disbursed

**125 families served**

## DON'T MISS OUT

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

Director's Desk ..... p1  
Overview of Services .....p2  
Birthdays.....p3  
Recognition Gifts Form .... p4  
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Welcome & THANKS..... p5  
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Vital Stats, Generosity ..... p12



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

Donations received in the first  
week are included in that  
month's newsletter. Those of  
the second week or later will  
be included in the following  
month's newsletter

**Thank you for your  
generosity!**

## Blood Pressure Clinic

the last Tuesday of each month!



**ALL ARE WELCOME!**

Tuesday, August 30, 10 am