

OCTOBER  
2020

# 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)

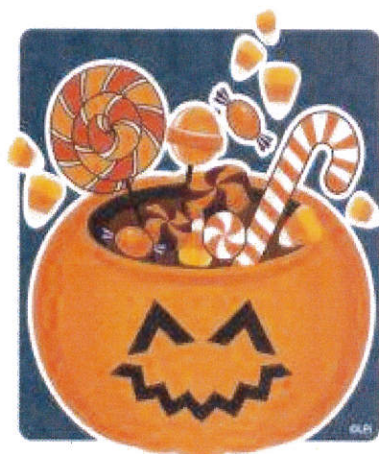
### IMPORTANT DATES:

THURSDAY, OCTOBER 8  
PRODUCE TRUCK 8:00 AM

WEDNESDAY, OCTOBER 14  
BOARD MEETING 10:15 AM

TUESDAY, OCTOBER 20  
COMMODITIES

THURSDAY, OCTOBER 22  
PRODUCE TRUCK 8:00 AM



## From the Desk of the Director

Welcome October and the RE-OPENING of the Senior Center!!

Governor Mike Dewine gave the order allowing senior centers and adult day care to be able to open beginning Sept. 21 if all state guidelines can be met and followed.

Our **tentative** opening date of the center and adult day care is **Monday, October 19**. This will give us a chance to get all the state guidelines met. We will open by offering lunch only at this time. We will add in activities later as we all adjust to our new normal. If we need to adjust or push-back the opening date, we will post it on our website and on the Facebook page.

If you would like to come in for lunch, you will need to RSVP the day prior. We can only accommodate 10 people with social distancing restrictions. No walk-ins for lunch will be accepted. Lunch will be served starting at 11:30 a.m. Monday through Thursday. You may arrive no earlier than 11:20 a.m. You will be greeted at the door by a staff member who will give you a quick health assessment and take your temperature. We ask that you do not linger in the lobby.

Enter the dining room by the door closest to the coffee pot and exit the door by the pop machine. There will be no tray line, instead the staff will serve you at your table. Only two people per table, please. The donation box will be available for self-service. You will not need to sign-in for lunch as you normally did.

Please be patient as we all adjust to this new normal and these guidelines that the center must follow in order to keep everyone safe and healthy. Please call us at 740-474-8831 if you have any questions.

We look forward to re-opening and seeing everyone again.

Holly Cottrill, Executive Director



**Pickaway Senior Center  
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Tonya Thompson      Vice President  
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**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 - 4:30 pm**

**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 on Monday, and at 12:00 noon Tuesday 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, dialysis, 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

**4 Exercises to Improve Strength and Balance**

As you grow older, being physically active is one of the most important things you can do to stay healthy. Whether you're well into your golden years, a baby boomer, or younger, studies show regular exercise can lower your risk of heart disease, some cancers, diabetes, and dementia. It also helps improve your mood, energy level, and overall well-being.

"The great thing is, no matter what your age, size or fitness level, it's never too late to start exercising," said Jaza Marina, M.D., a Kaiser Permanente physician who specializes in elder care. "We strongly recommend seniors do exercises that maintain strength, balance, and flexibility. Our goal is to reduce their risk of falls and injuries, so they can stay healthy and independent."

Dr. Marina advises that good ways to exercise include low-impact aerobic activity, swimming, tai chi, and yoga if you're physically able. "We have 80-year-olds who run 5k or 10k races. Everyone is different, so pick an exercise that you enjoy."

She believes walking is probably the easiest exercise. All you need is 30 minutes a day, five times a week. If that's too much, you can break that up — 10 minutes in the morning, 10 in the afternoon, and 10 in the evening. Some seniors walk at their local indoor shopping mall.

"The important thing is to get off the recliner, turn off the T.V., and get active," said Dr. Marina. Below are four basic exercises to get you started:

**(article continued on page 7)**



## OCTOBER BIRTHDAYS-HAPPY BIRTHDAY!

### OCTOBER 1

JANET FEE  
ROGER CATHEL  
FREDERICK HOOVER  
G. THOMAS. MOORE  
MARY HALL  
STEVEN THOMERSON

### OCTOBER 2

LOUISE HOOVER  
KATHLEEN CAMERON  
BARBARA HART  
DONNA LUTZ  
PATRICK PARK

### OCTOBER 3

PHYLLIS BOCHARD  
RITA WILLIAMS  
JOYCE DEVORS  
DEBBIE VAUGHN  
PATRICK BINGHAM  
DAVID LEGG

### OCTOBER 4

JEAN KESSLER  
CAROLYN KEETON  
MARILYN SPENCE  
SHEILA GEE  
SALLY WEST

### OCTOBER 5

CHARLES GERHARDT  
JAMES MCGUIRE  
WILLIAM BRANDON  
DONNA KARNs  
PATRICIA BARNES  
KAREN STOUT  
DAVID LUCKHART  
MICHAEL GRIFFITH  
EDNA MCNICHOLS

### OCTOBER 6

MARILYN IRVINE  
LILA MYERS  
DON RAMEY  
RON STUDEBAKER  
JERRY WAGNER  
CAROLYN VANFOSSEN  
STUART SHARPNACK  
DOROTHY IMLER



### OCTOBER 7

BETTY BOLDOSER  
ELMA RACE  
RUTH FLEMMING  
CHERYL BATES  
JANE SCHNEIDER  
SHARON DICKEY  
DEBBIE TOBIN  
KRISTI WALKER

### OCTOBER 8

HARRY STYERS  
PHYLLIS TOLLIVER  
RUTH DEAN  
DANIEL HARVEY  
ROY WILEY  
NANCY BLOOM

### OCTOBER 9

JAMES DAVIS  
PAUL EWING  
DOROTHY MYERS

### OCTOBER 10

JUDY JULIAN  
NANCY DYE  
BURLA BARR  
JOYCE DRESBACH  
TERRI LAMBERT  
RUTH COX

### OCTOBER 11

MARGARET COOK  
NANCY BALL  
LEMOYNE HAYES

### OCTOBER 12

MARGARET WALKER  
JERRY GREINER  
TERESA MARION  
DIANE STEWART  
NANCY HOSOM

### OCTOBER 13

BETTY BROWN  
BETTY REESER  
PATSY WINNER  
TERESA GEBHART  
BARBARA MISHO  
BONNIE BANDY  
PATSY OLDAKER  
SHIRLEY STEELE

### OCTOBER 14

FRANCENE DISBENNETT  
MARJORIE FOREMAN  
SHIRLEY DUNCAN  
KAREN NIEDBALSKI

### OCTOBER 15

SYLVIA CHRISTY

### OCTOBER 16

PAT HILDENBRAND  
CAROLYN STEDMAN

### OCTOBER 17

BONNIE SKAGGS  
PAMELA PHIPPS  
SANDY JORDAN  
BARBARA HOPPER  
BEVERLY FOX

### OCTOBER 18

KENNETH BENSONHAVER  
ONALEE LAWSON  
DAVID WEBB

### OCTOBER 19

EUGENE SMITH  
RICHARD GROFF  
JEANETTE GERHART  
SARAH MAHLMAN  
DEBORAH FOUCH  
BETTY SNYDER

### OCTOBER 20

CYNTHIA WORTHINGTON  
SHARON WEISENBERGER  
MARY FERRELL  
JIM GEE

### OCTOBER 21

PATRICIA MCGINNIS  
NELLIE CONKEL  
JOYCE LUTZ  
DEBORAH MINER

### OCTOBER 22

DONALD SMITH  
EVELYN ALLISON  
BRENDA DAVIS  
JULIA MCDONALD  
DAVID REYNOLDS  
BRENDA MANSON  
JOY ACKLEY

### OCTOBER 23

JULIE IMLER  
LINDA BRINER  
LEROY BROOKINS  
SHARON IMLER

### OCTOBER 24

KARMA ZOISS  
LINDA HARDIN  
KIMBERLY FULLEN  
CAROLYN WITHERS  
MARY ANN BORROR  
CAROLYN BARTON

### OCTOBER 25

ROBERT CLEMONS  
MARILYN BURKE  
DIANE REESER  
NORMA SHULL  
NORMA HUNT  
LARRY RAYER  
FRED A LINDSEY  
PAT CANARSKY  
LINDA MCFARLAND

### OCTOBER 26

CHARLES HUDSON  
MARILYN BOWSHER  
JACK ROBERTS  
CHARLES HEMMING

### OCTOBER 27

ESTHER DAVIS  
JEWELL HINTON  
VIRGINIA MCCOY  
PERLA BROWN

### OCTOBER 28

LUCIE SCHUMM

### OCTOBER 29

LOWELL BUITENDORP  
CONNIE CHANDLER  
JOE GOELLER  
JENNY SPANGLER  
ROBERT DIXON  
DOLLY FREEMAN

### OCTOBER 30

JEAN TERFLINGER  
PATTI STANTON  
VELMA BOUCHER

### OCTOBER 31

GARY GREENE  
ROBERT WILLIS  
ARLENE POLING  
JOE DONNERS  
HENRY LAMBERT  
GAIL JANKE  
HAZEL BRANDON  
DEANNA WILLEFORD

## SPECIAL THANKS TO THE FOLLOWING PEOPLE...

### \$10 Fund Donations

Linda Harden

Jeane Crider

Dorothy Drum



### Memorial/Honor of Donations

In Memory of

My Daughter, Jackie Cook  
for her Oct. 13th Birthday

Given By,

Kathleen Lloyd

In Memory of

Hyacinth Dearth

Given By,

Margaret Cook

### Memorial/Honor of Donations

In Memory of

Carolyn (Wright) Valentine

Given By,

Bob, Cindy, Joyce &  
Kathy

In Memory of

Faith Fraser

Given By,

Stella McNaughten

In Memory of

Faith Fraser

Given By,

William & Malinda  
Perkins

In Memory of

Faith Fraser

Given By,

Thursday Bridge Club in  
Lancaster

### Memorial/Honor of Donations

In Memory of

Faith Fraser

Given By,

Tim & Kim  
Hartinger & Family

In Memory of

Faith Fraser

Given By,

Kay Williams

In Memory of

Faith Fraser

Given By,

Fred & Jerri  
Lawrence & Family

In Memory of

Tom Imler

Given By Wife,

Julie Imler



## A Classic, Slow-Cooked Meal

November is National Pork Month! Flavored using cranberries and oranges, this Cranberry-Orange Pork Loin is a classic dish that's perfect for entertaining any type of group. Whether you're looking for a family meal or a dish to feed a different type of crowd, taking advantage of kitchen tools like your slow cooker can help take the effort out of preparation.

### Cranberry-Orange Pork Loin

- 1      tablespoon oil
- 1      pork loin (4 pounds), tied at 1-inch intervals
- 14     ounces cranberry sauce
- 1      cup dried cranberries
- 3/4    cup orange juice
- 1/8    teaspoon cinnamon
- 3      strips orange zest
- salt, to taste
- pepper, to taste

In skillet over medium heat, heat oil.

Sear pork loin on all sides.

In slow cooker, stir cranberry sauce, dried cranberries, orange juice, cinnamon and orange zest until combined. Set pork loin in middle of sauce mixture and drizzle sauce over meat.

Cover and cook on low 4 hours, or until meat reaches 140-145 F.

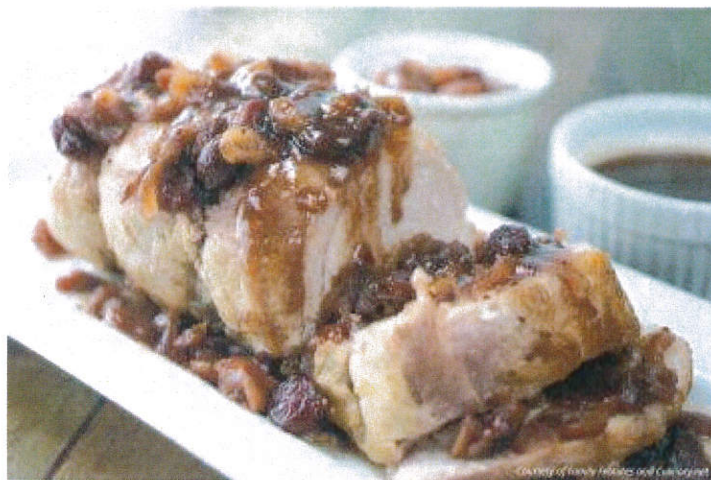
Transfer pork to cutting board. Remove twine.

Strain cranberries from slow cooker; set aside. Pour strained liquid into skillet. Add salt and pepper, to taste. Simmer 7-8 minutes.

Spoon cranberries and sauce over pork loin.

(Courtesy of Family Features and Culinary.net)

©LPi



Cont'd from page 3

## 4 Exercises to Improve Strength and Balance

**1. Knee bends.** Holding on to a sturdy chair or counter at your side, keep your back straight, feet on the ground, and gently bend your knees and lower your body. Then, raise your body back up. It's a slight squat but not a deep one. Repeat 10-15 times.

**2. Heel raises.** Holding on to a chair or counter at your side, raise up on toes slowly and then lower the heels to the ground slowly. Heel raises strengthen the calf muscles. Repeat 10-15 times.

**3. Side leg raises.** Holding on to a chair or counter at your side, raise one leg out to the side and bring it back down. Repeat 10-15 times and switch to other leg.

**4. Sit to stand.** If you're able, sit in a chair and rise to a standing position with arms stretched in front of you. Make sure the chair is in a stable position or against a wall so it won't fall over. Sit back down and repeat 10 times.

(Courtesy of NewsUSA) ©LPi



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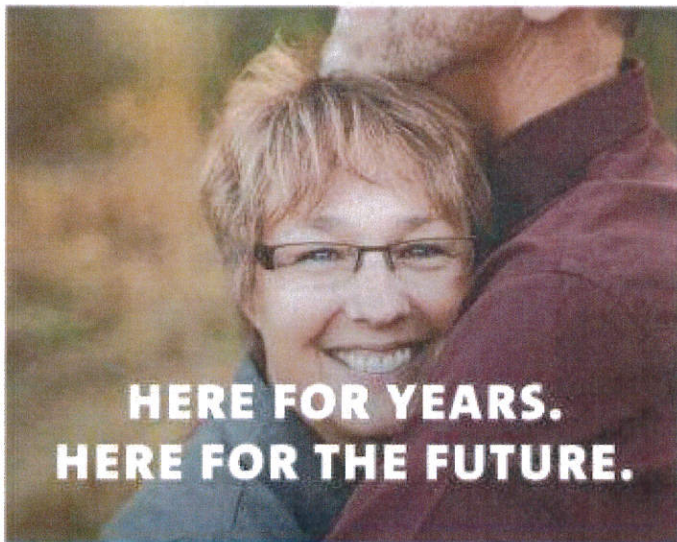


## HONOR HOME HEALTH PRESENTS FREE ACCELERATED HEALTH ADVOCATE PROGRAM

- Health Concerns? Don't want to leave your home? Talk to a nurse for a free phone evaluation, 740-477-6842
- Get information that will allow you to make an educated decision about your health.
- Due to COVID, people may wait to seek treatment, which may cause their conditions to worsen, and in some instances, even cause death.
- Honor Home Health is responding to this challenge by offering free home evaluations, free nursing assessments when appropriate and free assistance in collaborating telehealth visits with your primary care physicians.
- Stepping up to take care of our seniors is what we have been doing for more than 25 years. However, this time we need your assistance. By sharing this with family, friends and on social media, you might save someone's life.

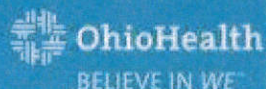
Learn more about Honor Home Health at [www.honorhomehealth.com](http://www.honorhomehealth.com)

Note: Legally, we cannot prescribe medications or treatment plans over the phone. What we are offering is as an evaluation of a situation and what the common solution to the problem would be.



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HERE FOR THE FUTURE.**

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To learn more about OhioHealth Berger Hospital and what the future holds for your community, visit [OhioHealth.com/Berger](http://OhioHealth.com/Berger).

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**Pickaway Senior Center**  
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Circleville, OH 43113

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Circleville, OH 43113

*RETURN SERVICE REQUESTED*

Current Resident



## **Lunch RSVP**

You must RSVP for lunches at the Center. We are only taking 10 for lunch daily Mon-Thurs. We will not be taking walk-ins.

Lunch will be Mon-Thurs at 11:30 a.m. and you will not be able to enter the Center any earlier than 11:20 am.

Please call the Center by the day before to make your lunch reservation at 740-474-8831. Space is limited.

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

Birthdays.....Pg 4  
Rose Parade Trip.....Pg 8  
Menu.....Pg 10  
Activities Calendar.....Pg 11

## **REMINDER**

If you need to drop something off to the Center such as Commodity applications, donations, dues etc. we ask that you please continue to mail them to:

Pickaway Senior Center  
P.O. Box 565  
Circleville, OH 43113

