

IMPORTANT DATES:

Wednesday, February 1
Crafting with Sonya 1pm

Monday, February 6
Sole Solution Footcare by appt

Tuesday, February 7
Wits Workout 1pm

Wednesday, February 8
BOARD MEETING 10:15 am

Thursday, February 9
PRODUCE TRUCK 8:00 am
Chair Yoga 12:30pm

SOUPER BOWL FRIDAY 2/10
Congregant Lunch w/soup 11:30

Wednesday, February 15
OSHIIP COUNSELING
8:30—10:30 am

Monday, February 20
CENTER CLOSED ALL DAY

Tuesday, February 21
COMMODITY BOXES 8:00 am

Thursday, February 23
PRODUCE TRUCK 8:00 am
Chair Yoga 12:30pm

Monday, February 27
Sole Solution Footcare by appt

Tuesday, February 28
Blood Pressure Clinic 11am
Info with Wendi Gang 1pm

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

P S C

Pickaway Senior Center

From the Desk of the Director

Hello and Happy February!

I hope everyone is doing well!

Center update: If you've not heard, the center suffered a water line break in the ceiling during the extreme temperatures over Christmas break. More than 14,000 gallons of water poured into the center, with water covering about 85% of the building. Only the dinning room and the kitchen were spared. We are working through the damage with the help of insurance. Please be patient with us as we get the center put back together.

For more information about the event and photos, see page 6.

The Center will host a Souper Bowl Party on Friday, Feb 10 at 11:30 am. We've invited partners from around the county to bring their favorite soup to share. This will be in addition to our daily congregant lunch. As always, RSVP if you plan to attend.



We will celebrate February birthdays on Wednesday, Feb 22 at 11:30! Everyone celebrating a February birthday eats FREE! Please RSVP to the center 740-474-8831 by Feb 17.

We love seeing so many faces coming into the center each day to enjoy lunch and fellowship with friends, and remind you to call ahead to let us know you are coming by 9 am the day you plan to attend. It helps our wonderful kitchen staff prepare enough for everyone!

Please joins us for an activity, or lunch at your Senior Center!

Holly Cottrill Romine,
Executive Director



**Pickaway Senior Center
Board of Directors:**

Sally Galecki President
Tonya Thompson Vice President
Lisa Robbins Treasurer
Al Canarsky Secretary &
Membership President
Holly Cottrill Executive Director
Dennis Bothel Fiscal Officer

Ed Boyer
Ellery Elick
Jackie Rish
Sheriff Matthew Hafey

**Pickaway County
Commissioners:**

Jay Wippel
Gary Scherer
Harold Henson

**SUGGESTED LUNCH DONATION
increases to \$4.00 on
WEDNESDAY, FEBRUARY 1**

**PICKAWAY
SENIOR CENTER**

2105 Chickasaw Drive
PO Box 565
Circleville OH 43113

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



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.

**PROVIDED MONTHLY
Commodity
Supplemental Food
Program (CSFP)**

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.

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



**The Pickaway
Senior Center
is a non-profit
organization.**

**We are supported
by financial
contributions from:**

- Title III by the Ohio Department of Aging
- Funds from senior levy, passed by Pickaway voters
- Private donations and fundraisers. **Mark your calendar and join us on Friday, April 28, 6-9pm!**



In Memory or Honor of...*Recognition Gifts to the Pickaway Senior Center allows 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, 2105 Chickasaw Dr, Circleville OH 43113

EMPLOYEE SPOTLIGHT: Rhonda Shappert, Adult Day Care Coordinator

Rhonda has had an interesting journey to join at the Center. Born in Seneca South Dakota, she attended University of South Dakota, but at age 19 she put college on hold and joined *Up with People* to traveled the world for two years. Rhonda had always been drawn to — and grew skills in — dancing, singing, acting, directing, and the coordination events and activities, and her skills served her well at *UwP* and here at the Center.



“I’ve realized that *Up with People* offered me opportunities to reduce my fears, commonly held by many, fears related to aging and death, traveling to unknown places, being good at a variety of tasks and skills. Also, *UwP* allowed me to more fully explore, develop, and embrace new skills!”

Rhonda met Stephen while on the first tour and they decided, through the exchange of letters and brief visits between tours, that they wanted to finish college together. There were few universities that offered both courses of study and they wound up at The Ohio State University. They married and began life together.

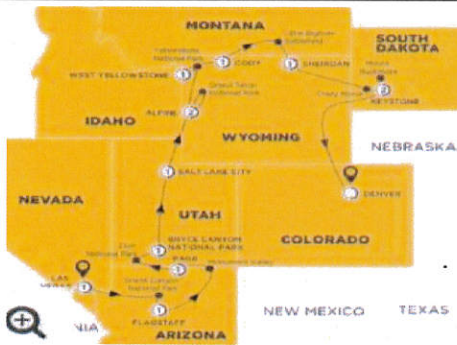
Rhonda reflects, “In retrospect, I see how I’ve always used creative arts to connect people. Throughout my life, but especially while homeschooling our daughters and serving our Adult Day participants, I’ve been able to find a way to connect with people and to make connections between people, in order to help others achieve their goals, build community, all while achieving my goals, too.”

Rhonda and Stephen live in Commercial Point, have three daughters, and one grandson.

“I’m going to be a grandmother again this year, or Ga-ga as my grandson says. The whole family is so happy to welcome a new family member!”

Exciting 2023 TRAVEL OPTIONS from your Center — 2 by plane/4 by motorcoach

Your Senior Center offers two fabulous flying and four motorcoach trips planned for 2023! Stop by the office for additional information about each trip. THE ARK ENCOUNTER DEADLINE HAS PASSED, but the remaining trips still have seats available!



CANYONS + NATIONAL PARKS October 3: 13 days/12 nights

Fly to Vegas: Grand Canyon, Flagstaff, Monument Valley, Lake Powell, Zion, Bryce Canyon, Salt Lake City, Grand Tetons, Jackson, Yellowstone, Cody, Little Bighorn, Sheridan, Crazy Horse, Keystone, Mt Rushmore, Rapid City

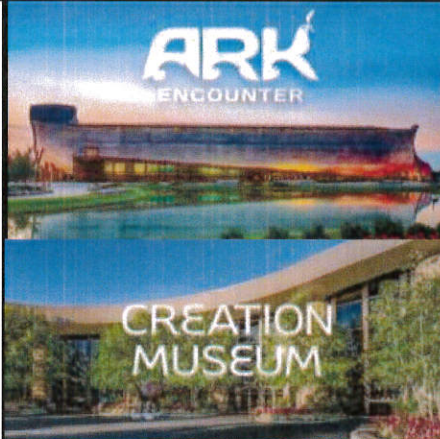
- \$3,575 per person, double occupancy
- \$4,600 single occupancy
- \$3,240 per person, triple occupancy



TRAFALGAR'S BEST OF HAWAII November 10 — 10 days/9 nights

Waikiki, Oahu's Beauty, Honolulu, The Big Island, Kona, Volcanoes National Park, Maui Flora & Fauna, Luau and Farewell dinner.

- \$5,186 per person, double occupancy
- \$6,347 single occupancy
- \$4,933 per person, triple occupancy



THE ARK ENCOUNTER & CREATION MUSEUM Tuesday-Thursday, April 11-13

- Motorcoach to Cincinnati with overnight lodging, four meals
- Admission to Ark Encounter
- Admission to Creation Museum
- BB River Cruise on the Ohio River
- \$399 per person double occupancy
- \$489 single occupancy
- **DEADLINE HAS PASSED**



NIAGARA FALLS USA Monday-Friday, June 26-30

- Motorcoach to Niagara Falls NY
- Maid of the Mist, NY State Park
- Cruise the Erie Canal
- Buffalo, Pierce Arrow Museum
- \$659 per person double occupancy
- \$809 single occupancy
- **04/19/2023 DEADLINE**



WASHINGTON DC

Friday-Tuesday, September 8-12

- Motorcoach to DC area with four nights lodging, eight meals
- WWII, Korean, Vietnam Memorials; Embassy Row, Smithsonian, Capital Hill; Lincoln Memorial and more!
- Evn'ing Memorials/Monuments Tour
- Admission to Museum of the Bible
- Admission to Mount Vernon Estates
- Tram through Arlington Cemetery
- \$725 per person double occupancy
- \$934 single occupancy
- **07/01/2023 DEADLINE**



MYRTLE BEACH

Holiday Shows

Monday-Saturday, November 13-18

- Motorcoach to Myrtle w/overnight stay; three overnights in Myrtle
- Three evening Christmas shows: *Legends in Concert*, *Carolina Opry*, *Alabama Theater*
- *Le Grand Cirque Christmas*
- *The Man of a Thousand Voices*
- Beaches, Boardwalks, LW Paul Living History Farm
- \$740 per person double occupancy
- \$939 single occupancy
- **09/06/2023 DEADLINE**

WELCOME NEW MEMBERS & SPECIAL THANKS TO ALL

New Members

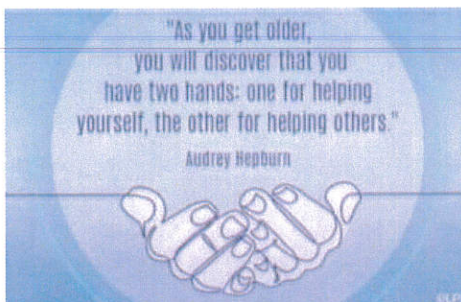
Jenny Brooks
Sue Banks
Richard Banks
Jo Ann Woodward
Jane Jones
Joe Cooley
Pat Williard
Don Williard
Ruby Donohew
George Donohew
Bill Miller
Barbara Miller
Mary Rhoades
Deborah Schooley
Garry Schooley
Eric Crabtree
Trudi Jo Crabtree
Penny Fink
Sally Justice

...and the more than 57 members
who renewed their memberships!

~~~~~

### \$10 Fund Donations

David & Wanda Hartranft  
Anonymous  
Susan & Charles Patrick  
Sally Stevens  
Anonymous  
Mary Rhoades  
Jeanie Crider  
Alice & James Riley  
Connie Wooten  
Penny Fick  
Linda Harden



### **BIRTHDAY LUNCH CELEBRATION February 22**



#### FEBRUARY 1

Terry Perkins

#### FEBRUARY 2

Winnie Comford  
Anne Fox  
Marlene Riley  
Sondra Starkey

#### FEBRUARY 3

Richard Banks  
Mary Hulse

#### FEBRUARY 5

Andrew Corcoran  
Marguerite Grambo  
Ethel Griffey

#### FEBRUARY 6

J C Peck

#### FEBRUARY 7

Luther Hafey

#### FEBRUARY 8

Patsy Hastings  
Stephanie Parker

#### FEBRUARY 9

Dennis Blaney  
Roger Konkle  
Arthur Robertson  
Lowell Rader

#### FEBRUARY 10

Max Marion  
Bonnie Betz

#### FEBRUARY 11

Sharelle Hall  
Alice Weaver

#### FEBRUARY 12

Lenora Maloney

#### FEBRUARY 13

Laura Groves  
Stephen Halwagen

## February Happy Birthdays

#### FEBRUARY 14

Robert Wolfe  
John Conley  
Neal Wolfe

#### FEBRUARY 15

Judith Gilbert  
Dale Wolfe  
Brenda Catron

#### FEBRUARY 16

Sue Banks  
Roger Fox  
Martha Martin  
Dan Mason

#### FEBRUARY 17

Al Canarsky  
Lowell T Donahue

#### FEBRUARY 18

Beverly Davis  
Elva Williams

#### FEBRUARY 19

Robin Newman

#### FEBRUARY 21

Shirley Bailey  
Ralph Oldaker

#### FEBRUARY 23

Kim Stinard  
Susan Patrick

#### FEBRUARY 25

Jeanette Hare  
Herb Neff  
Linda Guseman

#### FEBRUARY 26

Dana Leach  
Michael Smith  
Christine Spring

#### FEBRUARY 27

Charles Hall  
Jon Hatfield  
Juanita Thomas

#### FEBRUARY 28

Robert Brown  
Joe Dean

**PLEASE RSVP FOR FEBRUARY 22  
BIRTHDAY CELEBRATION BY  
FRIDAY, FEBRUARY 17**

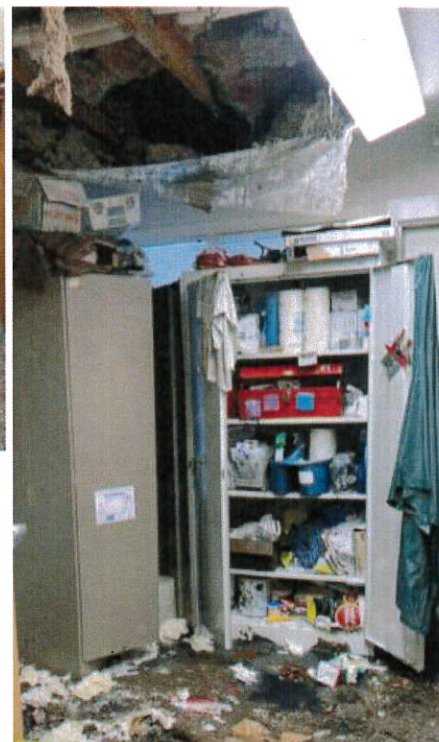


**WHEN OUR KITCHEN AND HOME DELIVERY MEAL STAFF ARRIVED AT THE CENTER** Tuesday, December 27, they were greeted by running and standing water in over 85% of the Center.



The main entry as viewed from the dining room, toward the offices.

Adult Day Office and Clinic space.



Within minutes staff located the issue — a broken water supply line — and the water was turned off to the building.



This is where the flood began — the mechanical room and custodian's office. The broken line was repaired and water restored, but too late for staff to prepare Home Delivered Meals.



**FRIDAY, APRIL 28, 2023**  
**6pm – 9pm**

**Tickets \$25 per person**  
**RSVP 740.474.8831**

Since 1972, the Senior Center has served the Elders of our county by providing quality services. As a 501(c)(3) non-profit organization, we depend on support from a variety of public and private sources. During the pandemic, the Center continued to provide Home Delivered Meals, without fundraising, and, like 73% of all US nonprofits, this impacted our ability to fully meet the needs of those we serve. While home meal deliveries remain steady at around 400 clients each day, what has changed is the cost of food, milk, and gasoline which increased by 10.5%, 15.5%, and 17.5% respectively. As we emerge from Covid restrictions, those we serve have also emerged and the number of people who request supportive services has increased. It is time to renew our fundraising efforts!

**We invite your participation in our fundraising event, Friday, April 28, 6-9pm. A delicious dinner, exciting live and silent auctions, raffles, music, and celebration will be on tap for the evening! Our goal is \$50,000 in honor of the Center's 50th Anniversary.** We invite your support, be it an item for auction or raffle, a cash donation, or your presence at the event, you are appreciated!

**Event tickets are \$25 each and can be purchased at the Center; the Center accepts cash and checks.** We look forward to this evening of celebration and hope you will be a part of its success.



## WARTIME VETERAN SURVIVING SPOUSE

Wednesday, February 15, 2pm



You might be eligible for a VA benefits of up to \$31,714, which might afford you the ability to age independently, in your own home.

As a proud partner of **Veterans Care**, and a **Veteran**

**owned** business, **Home Helpers Home Care** can help you and your family learn more about the VA benefit *Pension with Aid & Attendance* that may help pay for home care services, and help to coordinate the process.

**Sandie Davis will cover services now available and give real life examples of assistance.**



## UNDERSTANDING ALZHEIMER'S & DEMENTIAS

Wednesday, February 8, 1pm

30-minute information session with Q/A time

### ALZHEIMER'S QUICK INFO

Each month, Second Wednesdays, 1pm

Alzheimer's is NOT normal aging. It's a disease of the brain that causes problems with memory, thinking, and behavior.

Join us to learn about

- The impact of Alzheimer's.
- Differences between Alzheimer's and dementia.
- Alzheimer's disease stages and risk factors.
- Current research and treatments available to address some symptoms.
- Alzheimer's Association resources.



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Circleville, OH**

**740.474.3121**



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## MEMBERSHIP RENEWAL

Membership is \$10 per person, per year, and covers postage cost for the monthly newsletter. Also, please consider a donation to the Center to help defray day-to-day costs at the Center.

## WITS WORKOUT

Train your brain at the Center!

**TUESDAYS, FEBRUARY 7 & 14 at 1PM**  
two unique experiences, one week apart!



## Wits Workout

Get ready to train your brain! Research has shown that intellectual challenge and social connectedness are two of several factors that can contribute to brain health throughout the life span. In Wits Workout, we will complete several pen-and-paper activities as "mind exercises" and conversation is encouraged throughout the class. Each class is set up like a "workout" with a warm-up, stretch, workout, and cool down for your brain.

**CFAES** OHIO STATE UNIVERSITY EXTENSION  
FAMILY AND CONSUMER SCIENCES

### Buckeye Bookworms

An OSU Family and Consumer Sciences Book Club  
Discussing Food, Friends, Family, and Finance through Fiction  
Register at [go.osu.edu/fcsbookclub](http://go.osu.edu/fcsbookclub)

Join us to read and discuss  
***The Kitchen Front***  
by Jennifer Ryan!


**Zoom Meeting Dates:** Thursday, February 9<sup>th</sup>,  
February 23<sup>rd</sup>, March 9<sup>th</sup>, & Tuesday, March  
28<sup>th</sup>

**Time:** 5:00 p.m. - 6:00 p.m.

**Cost:** Free service provided by OSU  
Extension!

Contact Ryan Kline at [kline.375@osu.edu](mailto:kline.375@osu.edu) or  
Jessica Lowe at [jlowe.495@osu.edu](mailto:jlowe.495@osu.edu)

**THE OHIO STATE UNIVERSITY**  
EXTENSION





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

We will fix it or  
it's free.

**PICKAWAY METROPOLITAN HOUSING AUTHORITY**

Pickaway Terrace, Eden Place & Louise Terrace  
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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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## PICKAWAY SENIOR CENTER

PROMEDICA HOSPICE PRESENTS:



**THURSDAYS, FEBRUARY  
9 & 23 AT 12:30PM**



**CRAFTING WITH**

*Sonya*  
of Pickaway Manor

**WEDNESDAY, FEBRUARY 1, 1PM  
RSVP 740.474.8831 ASAP**

**Mike Newman & Honor Home Health**

*If You Don't Use It,  
You Lose It*

**Tuesday, February 21  
1:00 pm**

Falls are a common reason for adults over the age of 65 to be hospitalized in the US. Many of these falls might have been prevented with routine exercise and general body awareness.

Please join Mike and Honor Home Health for an interactive balance class to assess your fall risk and learn about way to maintain "Safety at Home".

## February 2023 NEWSLETTER

### **SOLE SOLUTIONS** *Nurse Delivered Footcare*



**MONDAYS  
FEBRUARY 6 & 27  
9am—1:30pm**

**BY APPOINTMENT ONLY**

**Call the center  
740.474.8831  
and set your  
\$35 FOR ½ HOUR  
APPOINTMENT**

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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.

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14-1576



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

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

*RETURN SERVICE REQUESTED*

Current Resident



## DECEMBER STATISTICS

### Transportation

30 people  
184 transports  
**3,041 miles**

### Adult Day Care

7 people  
44 transports  
**362 miles**

### Hot Meals Delivered

**7,207 meals**  
**7,860 miles**

### Meals Served In Person

**374 congregate meals**

### Fresh Produce Disbursed

**1,530 pounds of produce**

### Commodities Disbursed

**59 families served**

## DON'T MISS OUT

Check out upcoming  
events and activities  
at the Center!

|                                                               |     |
|---------------------------------------------------------------|-----|
| Director's Desk_____                                          | p1  |
| Overview of Services_____                                     | p2  |
| Donor Form & Employee Spot-<br>light: Rhonda Shappert_____    | p3  |
| Center Travel Options_____                                    | p4  |
| Gratitude & Birthdays_____                                    | p5  |
| Photos of Center Flood & Our<br>Fundraising Event_____        | p6  |
| Veteran Support & ALZ info_____                               | p7  |
| OSU Extension/CFAES_____                                      | p8  |
| Chair Yoga, Crafts, Footcare<br>Use It or Lose It w/Mike_____ | p9  |
| Meal Menu_____                                                | p10 |
| Activities Calendar_____                                      | p11 |
| 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, February 28, 10 am**