

**JULY
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

IMPORTANT DATES:

**MONDAY, JULY 5
CENTER CLOSED**

**THURSDAY, JULY 8
PRODUCE TRUCK 8:00 AM**

**WEDNESDAY, JULY 14
BOARD MEETING
DRIVE-THRU LUNCH 11:00 AM**

**TUESDAY, JULY 20
COMMODITIES**

**THURSDAY, JULY 22
PRODUCE TRUCK 8:00 AM**

**WEDNESDAY, JULY 28
DRIVE-THRU LUNCH 11:00 AM**



From the Desk of the Director

Welcome to July! We are in the full swing of summer now.

We are glad to be open to the public again – it has been wonderful seeing all of you and breathing life back into the building. We appreciate all of your patience as we worked through all the challenges of 2020 and as we navigate the re-opening process.

The plan this month is to start adding in some activities with a few changes as we keep safety on the forefront of our minds. Adult Day will resume Mid-July, please watch for more details.

Upcoming Events:

Commodities will be here on Tuesday, July 20 – pick up is from 8 a.m. to 1 p.m.

Free Produce days are Thursday, July 8 and July 22 beginning at 8 a.m. Produce is distributed on a first come, first serve basis.

We will be having grab and go lunches this again this month. On Wednesday, July 14 we will be grilling out hamburgers with a side and chips. Suggested donation for this meal is \$4. Please RSVP by July 6.

On Wednesday, July 28 we will having chicken and noodles. Please RSVP by July 23 to reserve your lunch!

I hope everyone has a safe and happy July 4th! As a reminder, the center will be closed on Monday, July 5 for the holiday.

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

Holly Cottrill, Executive Director

**Pickaway Senior Center
Board of Directors:**

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Tonya Thompson Vice President
Connie Kelly Treasurer
Sally Galecki Secretary
Al Canarsky Membership Pres.
Holly Cottrill Executive Director
Dennis Bothel Fiscal Officer
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Jackie Rish · Sheriff Matthew Hafey

Pickaway County

Commissioners:

Jay Wippel · Gary Scherer
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**PICKAWAY SENIOR
CENTER**

2105 Chickasaw Drive
P.O. 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 - 4:30 pm

***Due to the COVID-19 some ser-
vices, business hours 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 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



PICKAWAY SENIOR CENTER JULY 2021 NEWSLETTER

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

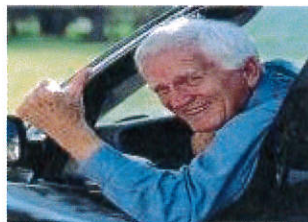
AARP SMART DRIVER COURSE/ CLASS

WHEN: September
TBA

WHERE: TBA

TIME: 8 a.m. to 12.00 p.m.

Deputy Dale Gillette with the Pickaway County Sheriff's Department will be the instructor. A.A.R.P. does charge for classroom course, but Pickaway County S.A.L.T. Council will pay the cost for each participant, but you must sign-up before September by calling the Pickaway County Senior Center at **740-474-8831**.



S.A.L.T Council Meeting

We are planning a S.A.L.T. meeting the 3rd Wednesday at 1:00 p.m. on September 15 at the Amvets 818 Tarlton Rd. It will not have the closeness as before, but the LOVE, KINDNESS, EDUCATION and FUN will still be there. ALL S.A.L.T. members who are not vaccinated will need to wear a mask, practice social distancing and hygiene. A bag lunch and refreshments will be provided (Must Sign up). If you are interested in attending our first meeting since March 2020, Please call in your name, phone# and lunch option to the Senior Center 740-474-8831 or Gail at 419-460-1452.

TRIVIA: What is the date for the National Senior Citizens Day in the U.S.A.? What President in what year commemorated the first Day in U.S.? Send or drop off your answers on a small index card to Pickaway County Senior Center by **July 28**. Drawing will be **July 29**. **PRIZE** will be a Wal-Mart \$25.00 gift card.

JULY BIRTHDAYS-HAPPY BIRTHDAY!

JULY 1

SUE HUFFMAN
NANCY SPEAKMAN
MARY TULLY
KAREN WILLIAMS
AUDITH THOMAS

JULY 2

CATHERINE BERRY
MICHAEL BINION
LES CAVANAUGH
DICK FISHER
SHARON FUNK
ELWOOD HADDOX
DOROTHY HEWITT
DON KADUNC
MADELINE SANDERS

JULY 3

BEVERLY AGIN
FLORENCE MUSSELMAN
ANN SLONECKER
PEGGY VAN CUREN
SHARON SIMS

JULY 4

JOAN CONRAD
PAT DEWEES
MIKE STONEROCK

JULY 5

DEBBIE BLACK
JOAN CUNDIFF
SHERMAN DIXON
RUTH TOOTLE
PAUL WHITE, JR.

JULY 6

LINDA ARLEDGE
CANDACE BLAIR
J. WILLIAM BROWN
PATRICIA DARST
BETTY GOINGS
EARL MCCOMBS
ALMA SCHNEIDER

JULY 7

HOLLIE SUGGS

JULY 8

DANNY WHIGHTSEL

JULY 9

MICHAEL DUMM
NELLIE KEARNS
BARBARA RADER
JOAN SHIRES
BEA SMITH
FRIEDA WILLIS
JANICE WISEMAN

JULY 10

PATRICIA BEATHARD
HELEN LEE
BETTY MAKARIUS
EARL PALM
EVELYN RICKETTS
JANE WINFOUGH

JULY 11

RICHARD HARWOOD
NANCY HICKMAN
SYTHA RAYER

JULY 12

ARLENE FORTNER
BRENDA FRANCIS
RUTH HESLOP
JOY MORGAN
ALLEN RICKEY
BRENDA WAGNER

JULY 13

DOLORES CONLEY
RITA HUPP
NANCY PITT

JULY 14

FAITH BARNES
ALICE HARKER
JONATHAN NILES
RUTHANNE ROUSH
DALE WILKINSON

JULY 15

LOIS BROWN
LORETTA MORAN
JIM RAYBURN
MINERVA SMITH



JULY 16

JOHN DEAN
HELEN FOX
MARRIANNE LEEDOM
RONALD MCMULLEN
LINDA MORROW

JULY 17

TED BARBEE
JUDY BARBOUR
BILLIE SUE CARPENTER
ELAINE COOK
ROSE MINOR
HAROLD STEVENS

JULY 18

SUSAN BECKLEY
BETTY BURGGRAB
KATHRYN YOUNG

JULY 19

JULIE CONLEY
DIXIE COOK
DENISE DELEON
CAROL EMERINE
BETTY GARRABRANT
CARL HART
ROBERT KIDNOCKER
LINDA YOUNG

JULY 20

BLAINE HAYES
JIM WILLEFORD

JULY 21

JOHN BUTTS
GLENN METZLER
PEGGY PORTER
MARJORIE PONTIOUS

JULY 22

BILL BULLOCK
DWIGHT COLLINS
BRENDA DUVALL
MARTHA ILES
TERRY JOHNSTON
LU ROSE RHOADS
B. LOUISE SMITH
MARILYN WOLFE
CHARLENE WOOD

JULY 23

JANICE COLEMAN
MARY HUNTER
NANCY SPEAKMAN

JULY 24

DANIEL CARRUTHERS
CHARLES MCMULLEN
DEBORAH SMITH
CONNIE WARD
NANCY CUTRIGHT

JULY 25

WANDA DAVIS
CHARLES PATRICK
SUE TWINING

JULY 26

REBECCA DIXON
CHRISTINA MOSS
PATRICIA O'DONNELL
PATTY SURRATT

JULY 27

GLENN BUCY
CONNIE CAMPBELL
JANE FELL
RAY LAWHUN
TOM MANSON
ROY MULLINS
VIRGINIA PAXTON
DR. JACKIE ROSE
JANICE YANCEY

JULY 28

JOHN CUTRIGHT
LINDA SCHUPP
JAMES WALDEN

JULY 29

ROGER EVANS
MARK KNECE
SANDRA MILLER
JAMES RHYMER
TOM THOMAS
BEV TRACY
PATRICIA WILLIARD

JULY 30

LINDA VALENTINE-
AKERS
PHYLLIS IMLER
DORIS JONES

JULY 31

JIM DAVIS
PATRICIA DEWITT
DOROTHY DRUM
R. DURHAM
WALTER GRAF

SPECIAL THANKS TO THE FOLLOWING PEOPLE...

Memorial/Honor of Donations

In Memory of

G. Bruce Crocker

Given By,

Anna Crocker

~~~~~

In Memory of

Bill Fee for our  
June 13th Anniversary

Given By,

Janet Fee

~~~~~

In Memory of

Richard Conrad for
his July 13th Birthday

Given By,

Roger & Marty
Eitel

Memorial/Honor of Donations

In Memory of

Bill Fee on his 80th
Birthday on July 28

Given By,

Janet Fee

~~~~~

In Memory of

Annabelle Spangler &  
Rev. Hill

Given By,

Deskey Posey

~~~~~

In Memory of

Richard Conrad for
his July 13th Birthday

Given By,

Glenn & Linda
Reeser

Memorial/Honor of Donations

In Memory of

Harold "Ed" Riffel

Given By,

Donna Riffel



~~~~~

### \$10 Fund Donations

Linda Harden

Jeane Crider

Bonnie Hildenbrand

Jim & Pat  
Meyer

Ruby Baylous

Carolyn McKeivier

Charles & Susan  
Patrick



**JULY TRIVIA**

1. Which document does the Fourth of July commemorate?
2. Who was the principal author of the Declaration of Independence?
3. Who wrote the lyrics to “The Star-Spangled Banner” ?
4. On the original American flag, what shape were the thirteen stars arranged in?
5. Which U.S. President first held a Fourth of July celebration at the White House?
6. Every Independence Day how many times does the Liberty Bell ring?
7. What was the total number of people who signed the Declaration of Independence?
8. Every July 4th, what food is mostly consumed?
9. Who had the largest signature on the Declaration of Independence?
10. Where is the Liberty Bell currently located?

Write your answers:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_



To be entered into July’s Gift Card Raffle please mail back to the Center along with:

**Name, Address & Phone Number:** \_\_\_\_\_

**Deadline July 31. Congrats to May Raffle Winner: Penny S.**

### Summertime – Fruit & Veggie Time!

Summertime is the perfect time to enjoy fresh vegetables and fruits. Soon they will be readily available for you to enjoy. Consider visiting a local farmer's market, local garden center or fruit and vegetable stand to pick up fresh and local foods. Perhaps you have someone – a neighbor, friend or family member who will share their garden bounty with you. Maybe you can combine an order with a friend so you can split a dozen ear of corn or a basket of peaches. Be creative and consider ways you can split the produce with a family member or friend. Sometimes family members want to bring you a treat – ask them for fresh vegetables and fruits- it's easy and a healthy choice!

What's your favorite vegetable or fruit you enjoyed in the summer? Remember that food, taste and love it again this summer! Looking for a new **recipe** to try? Check out this cucumber salad from celebrat-eyourplate.org You need tomatoes, cucumbers, onions, green pepper and light dressing & seasonings. Yummy!

### **Seasoned Magazine**

Remember that the Celebrate Your Plate website has the "Seasoned" newsletter available to read. It is an inspired cooking magazine for older adults. Check it out for cooking tips, recipes, movement ideas and more! You can read it from your computer or phone.

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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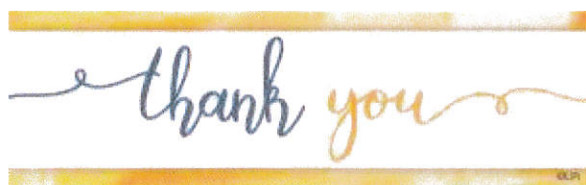


## PICKAWAY SENIOR CENTER JULY 2021 NEWSLETTER

### REMINDER

If you need to drop something off to the Center such as applications, donations, dues etc. we ask that you please use drop off box at front entrance or continue to mail them to:

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



### GIFT CARD RAFFLE

For your chance to be entered into a gift card drawing please complete the **July Trivia** on **page 6** and send us your answers. Deadline is **July 31**. Gift Card drawing will be held the first week of August. 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 August. Thank you.



## 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.**

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email: pmha@pickawaymha.com

TTY/TDD Customers:

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14-1576



## PICKAWAY SENIOR CENTER JULY 2021 NEWSLETTER

### DRIVE-THRU LUNCHES

**Wednesday, July 14**  
**Grilled Hamburger Sandwich**  
**11:00 am-12:15 pm**  
**RSVP by July 6**  
**Suggested Donation \$4**  
**(limited sandwiches available)**



**Wednesday, July 28**  
**Chicken & Noodles**  
**11:00 am-12:15 pm**  
**RSVP by July 23**  
**Suggested Donation \$3**

**If you are interested in stopping by and picking up a lunch on any of those days please call the Center at 740-474-8831 to RSVP.**



**ALL THE CARE YOU EXPECT.  
ALL THE COMFORTS OF HOME.**

Learn more about virtual health visits and how to schedule yours at [OhioHealth.com/VirtualHealth](https://OhioHealth.com/VirtualHealth).

 **OhioHealth**  
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Circleville, OH 43113

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RETURN SERVICE REQUESTED

Current Resident



Wishing you a  
Safe & Happy Fourth  
of July!



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

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

**Just a reminder if you  
would like a donation  
such as a Memorial/Honor  
of or a \$10**



**Fund Do-  
nation in  
the news-  
letter we**

**must receive the infor-  
mation 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 infor-  
mation in the newsletter.**

**Thank you.**