

**SEPTEMBER
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

IMPORTANT DATES:

**MONDAY, SEPTEMBER 7
CENTER CLOSED**

**WEDNESDAY, SEPTEMBER 9
BOARD MEETING 10:15 AM**

**THURSDAY, SEPTEMBER 10
PRODUCE TRUCK 8:00 AM**

**TUESDAY, SEPTEMBER 22
COMMODITIES**

**WEDNESDAY, SEPTEMBER 23
BEAN SOUP LUNCH 10:30 AM**

**THURSDAY, SEPTEMBER 24
PRODUCE TRUCK 8:00 AM**



From the Desk of the Director

It is hard to believe it is September already! Fall is right around the corner. I hope everyone has had a good summer. I know it hasn't been our "typical" summer but I hope you were able to enjoy it.

The produce truck comes the 2nd and 4th Thursday of the month. This month we will be passing it out on Thursday, Sept. 10 and Thursday, Sept. 24 starting at 8 a.m. Produce is distributed on a first come, first serve basis.

Transportation is offering trips to medical appointments only at this time. Appointments must be made for the morning, Monday through Thursday. Call the center at 740-474-8831 for more information or to schedule a ride.

We are planning a Bean Soup and Cornbread Sale on **Wednesday, Sept. 23** from 10:30 a.m. until noon. If you would like to come down to the center and pick up bean soup and cornbread for lunch please RSVP by Thursday, Sept. 17. We will have it ready for you to pick up. Suggested donation is \$3.

The trip planned to The Rose Bowl Parade has been postponed. Premiere World Discovery is working on different options in lieu of this trip. I will let you know once we have them.

Holly Cottrill, Executive Director

Pickaway Senior Center

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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

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.

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

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



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

10 Steps to Prevent Slips, Trips, and Falls

Some of the most serious injuries among older adults, age 65 and older, are caused by falling. More than 1.6 million older Americans end up in the emergency room or hospital because of a fall, according to the National Institutes of Health. Seniors who have broken a hip by falling can have trouble recovering and regaining mobility. The good news is many falls are preventable. One of the first things you can do if you take prescription medication is have your health care team review your medication.

“Some prescription medicines and over-the-counter drugs, or a combination of them, can make you dizzy or sleepy. Either can lead to a fall,” said Jaza Marina, M.D., a geriatrician at Kaiser Permanente in Atlanta. “If you fall, be sure to let your doctor know, even if you aren’t hurt. Sometimes falls are a sign of a new medical problem that needs attention.” Many underlying causes of falls can be treated or corrected. Dr. Marina recommends these 10 proactive steps to reduce the risk of falling.

Make your home safe:

1. Remove clutter, throw rugs, and electrical cords that might cause you to trip.
2. Store items on bottom shelves.
3. Add grab bars where necessary, in hallways, stairways and bathtubs.
4. Add a rubber bath mat in the shower or tub.
5. Make sure your home is well lit. Use night lights in hallways and bathrooms.
6. Keep a phone and flashlight by your bed.

Take care of yourself:

7. Stay as physically active as you can.
8. Wear comfortable shoes with good support.
9. Have your vision and hearing checked.
10. Use a cane or walker if you feel unsteady.

For more information on how to prevent falls, visit share.kp.org/preventing-falls. Also check out everybodywalk.org for tips on walking as an exercise. For questions or advice about a specific condition, talk to your physician. ©LPi (Courtesy of NewsUSA)

SEPTEMBER BIRTHDAYS-HAPPY BIRTHDAY!

SEPTEMBER 1

GENEVA BUSSA
JULIA SMITH
LINDA SPEAKMAN
JOHN CAVINEE
ELIZABETH JONES
THERRELL VAN CUREN
LYNDA STOUGH

SEPTEMBER 2

MARGARET REMY
FAYE SCHREINER
RONALD SWOYER
JUDY PERKINS
VICKIE FLEMING

SEPTEMBER 3

WAYNE CARTER
ROBERT BROWN
JANICE ATWOOD
SHARON HAYES
GINGER STANT
PEGGY KRC
BETTY CARSTENS
PAULA RICHMOND

SEPTEMBER 4

STANLEY RITCHIE

SEPTEMBER 5

ELSIE CRABBIT
DALE DELONG
SHERYL LOWE
KIM ROSSITER
BETTY WOLFORD
MAE CAINS
JUDY PALM

SEPTEMBER 6

SHARON DOLLISON
SYBIL HINKLE
HAROLD HEWITT

SEPTEMBER 7

DOROTHY JONES
JIM FINCH
BLAINE KECKLEY
GARY AGIN
PATTY LONGBERRY

SEPTEMBER 8

LEONA SMATHERS
VIRGINIA GIFFORD
RHEA HARBER
PATRICIA FLINER
ROY SARK
NORMA FOSNAUGH
VICKY MARTIN

SEPTEMBER 9

SALLY LEMASTER
JANET MCWHORTER
ANN DEWITT

SEPTEMBER 10

SONDRA FERRELL
RUTHANNE EDGINGTON
ROGER EITEL
GEORGE BANDY
LYNN TRACY
JAMES SCHNEIDER
JUDY MORRISON

SEPTEMBER 11

DENNIS KELLER
CAROLYN SHAW
HAROLD LEONARD
SHIRLEY CANTERBURY
LINDA SCHLEGEL

SEPTEMBER 12

PAULINE GARNER
BETTY WAIDELICH
ALBERTA RUTT
PAM DEAN

SEPTEMBER 13

LINDA GRAVES
DELLA ECKART
JOYCE HADDOX
AMY FRY
DAVID DIEHL

SEPTEMBER 14

JEANE CRIDER
ANNABEL SPANGLER
NORMA DUMM
BECKY NEFF
MATT MCGOWAN
KATHLEEN FLEMING
JAMES DAFT
BECKY MYERS
CINDY WAGNER
DARLENE BRIGNER
ILENE MCNICHOLS

SEPTEMBER 15

CHARLES MCGUIRE
DOROTHY KNIPP
DIANE LESTER
STEVE GARRETT

SEPTEMBER 16

DOROTHY CORMANY
JESSI DEGROOT
ALVIN YORK
RICHARD MARTIN

SEPTEMBER 17

ROY HIGGINBOTHAM
CHARLENE BASHAM
PAMELA WOLFE
DONNA RUCK
EDDY ARBOGAST
BARBARA WING
NANCY MAYBERRY

SEPTEMBER 18

CHARLES RAINES
ROBERT FOREMAN
DARLENE JACKSON
HAROLD THOMPSON
BRENDA GIBSON

SEPTEMBER 19

SUSAN CAMPBELL
MARGE SEALOCK
MARILYN HARDBARGER
WILLARD ESTEP
JOHN LOVELY

SEPTEMBER 20

JEAN WRITSEL
JOANN MIDDGAUGH

SEPTEMBER 21

FRANK PLESCIA
GRACE ELLIOTT
WILLIAM ROBINSON
CAROLYN PYLE
FLORA PLUTA

SEPTEMBER 22

HELEN GEORGE
EDITH POLLEY
MELBA SEXSON
STEVEN SCHOEDINGER

SEPTEMBER 23

BEVERLY CURRENCE
SHELVA NEFF
ANNIE ORIN
SUSIE WILLIAMSON

SEPTEMBER 24

SANDRA BURNS
LINDA BARBEE

SEPTEMBER 25

PATIRICA DRUMMOND
LOUISE METTLER
MELISSA WEESE

SEPTEMBER 26

SALLY MAJORS
CHARLES BRAUN
DEBRA VALENTINE
STEVE TOBIN

SEPTEMBER 27

SHIRLEY REESER
JUDY LEMLEY
TONI PEELE
MARTA BOWEN

SEPTEMBER 28

RONALD HAWKES
JEAN MCGEE
LAINEY EBRIGHT
DEBBIE STAGGS

SEPTEMBER 29

GLENNA FRAZIER
ANNA HARBER
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BETTY MYERS
LINDA GREGORY
ELLIOTT HAWKES
RICHARD PATMORE
BONNIE KERN
ROBERT FEATHERINGHAM
JUDY MEENACH
KAREN BENSONHAVER
JOHN KYLE
STEVE BILLUPS

SEPTEMBER 30

CHARLES WAIDELICH
MARTHA ROSE



SPECIAL THANKS TO THE FOLLOWING PEOPLE...

\$10 Fund Donations

Linda Harden

Ken & Hazel
Harness



Memorial/Honor of Donations

In Memory of

Norval Shepard

Given By,

Sam & Joyce
Kline

In Memory of

Donald & Melba
Wolf

Given By,

Jim & Bev
Davis

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In Memory of

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Given By,

Don & Meg
Kadunc

In Memory of

Dwight Radcliff

Given By,

Charles & Janet
Fee

In Memory of

Norval Shepard

Given By,

George & Dotty
Haney

In Memory of

Fred Acord
for his Sept. 30th Birthday

Given By Wife,

Pat Acord

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Norval Shepard

Given By,

Jack & Carol
Mader

In Memory of

Norval Shepard

Given By,

Roger & Joanne
Coker

In Memory of

Charles A. Savage
Happy 79th Birthday
Sept. 1

Given By,

Joan Savage

All About Autumn

T U R K E Y U M C S N I K P M U P I
 U T S E V R A H W O B O U N T Y F S
 E S I N R I S D M O O H A Y R I D E
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 R T E S W E A T E R S E F C X R S O
 S T H A N K S G I V I N G E Z Q C O

Word List:

APPLES
 CHESTNUTS
 COOL
 ELECTIONS
 FOOTBALL
 HALLOWEEN
 MAIZE
 PEARS
 SCARECROW
 THANKSGIVING

AUTUMN
 COBWEB
 CORNUCOPIA
 FALL
 FROST
 HARVEST
 NOVEMBER
 PIE
 SCARF
 TREES

BOUNTY
 COLORS
 COSTUMES
 FEAST
 GHOSTS
 HAYRIDE
 NUTS
 PUMPKINS
 STUFFING
 TURKEY

BRISK
 COLUMBUS
 CRANBERRIES
 FOLIAGE
 GOURDS
 LEAVES
 OCTOBER
 RAKE
 SWEATERS
 VETERANS

Slow Cooker Corned Beef and Cabbage

Prep time: 10 minutes

Cook time: 8 hours

Servings: 12

8 small red potatoes

2 cups baby carrots

1 small onion, quartered

1 corned beef brisket (4 pounds), rinsed and trimmed

2 tablespoons McCormick Mixed Pickling Spice

1 teaspoon McCormick Minced Garlic

1/2 head cabbage, cored and cut into wedges

Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.

Cook 7 hours on high. Add cabbage. Cover. Cook 1–2 hours on high or until cabbage is tender-crisp.

Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

Tip: For best results, do not remove cover while cooking in slow cooker. (Courtesy of Family Features) ©LPI



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PICKAWAY SENIOR CENTER SEPTEMBER 2020 NEWSLETTER

Make It, Bake It, Taste It! Ohio's Amish Country Trip

September 22 & 23, 2020

Price: \$310.00 per person dble occupancy
(Deadline 7/10/20)

Trip Highlights:

- Guided tour of the W^h Amish Comm
- Tour th^{ru} Amish Comm^{unity} & C^{hurch}
- Hom^{estead}
- Visit L^{ake}
- P. Graf^{enberg} Laser Art
- Walnut Cre^{ation} Case & Hay Stack Experience
- Hersberger Bakery & Farmers Market
- Amish Country Theatre & Das Dutch Kitchen
- Warther's Carving Museum



Drive-Thru Lunch

Wednesday, September 23

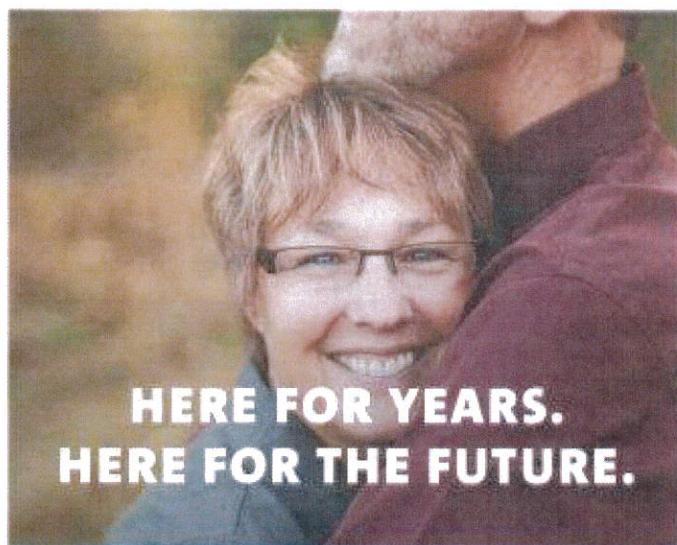
10:30 am-Noon

Bean Soup & Cornbread

Suggested donation of \$3



If you are interested in stopping by and picking up a lunch please call the Center at 740-474-8831 to RSVP by September 17



**HERE FOR YEARS.
HERE FOR THE FUTURE.**

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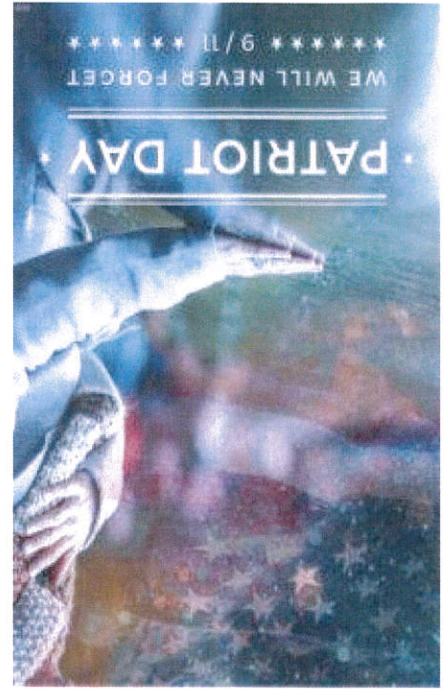
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Circleville, OH 43113

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**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

