



From the Desk of the Director

Merry Christmas and Happy New Year!

What a whirl wind year it's been! We wish everyone a very Merry Christmas and a Happy New Year!

Mark your calendars: the center will host **Our Christmas Open House Thursday, Dec 15, 1—3 pm**. Please join us — **along with Santa** — as we celebrate. We will serve refreshments. You're welcome to bring with you **Christmas cookies to share** with all your friends. Please call the center at 740.474.8831 so we can keep track of how many cookies we will have to exchange!

All are welcome for **Lunch, Monday through Friday, at 11:30 am**. Please **RSVP no later than 9am** if you would like to have lunch.

Produce distribution is Thursday, **Dec 8** starting at 8 am. This will be the only day for distribution in December due to the holiday.

The next **Commodity** pick-up is Tuesday, **Dec 13**. Applications for 2023 were distributed in November; new application is due each year. Remember to return your completed form during December distribution.

Winter weather has arrived. You can check for Center closings on WBNS Channel 10, WCMH NBC 4, or on the radio at WKKJ 94.3.

The center is closed Friday, **Dec 23**; Mondays, **Dec 26**, and **Jan 2**!

Stay safe and have a Wonderful Christmas and a Blessed New Year!

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

DECEMBER DATES OF NOTE:

- 8 Produce Pickup** 8am
- Chair Yoga** 12:30pm
- 13 Commodities Pickup** 8am
- 14 Board Meeting** 10am
- 15 Holiday Open House** 1-3pm
- Santa & Cookie Exchange**
- 23 Building Closed —** all day
(no home meal delivery, lunch, transportation, or activities)
- 25 MERRY CHRISTMAS!**
- 26 Building Closed —** all day
(no home meal delivery, lunch, transportation, or activities)
- 28 Honor Home Health** 1pm
- 31 HAPPY NEW YEAR!**

JANUARY

- 2 Building Closed —** all day
(no home meal delivery, lunch, transportation, or activities)

PICKAWAY SENIOR CENTER
2105 Chickasaw Drive
Circleville OH 43113
740-474-8831
www.pickawayseniors.org

Holly Cottrill Romine,
Executive Director



Pickaway Senior Center

Board of Directors:

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

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Jackie Rish	Ellery Elick
Sheriff Matthew Hafey	

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Gary Scherer
Harold Henson

**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 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 as administered through The Ohio Department of Aging
- Funds from the senior levy as passed by voters in Pickaway County
- Private donations and fundraisers

BIRTHDAYS

December 1

Becky Davis
Harold Phipps
Hershel Rose
Jacquelyn Writsel
Jerry Zielinski

December 2

Evelyn Conley
Dick Grambo

December 3

Sally Henson
Florence Williams

December 4

Robert Carnes
Rose Henson
Wanda Rider
Judy Schooley
Linda Wunsch

December 5

Robert Garner
Martha Stonerock

December 6

Jean Harral
Cathy Moss

December 8

Jack McGill
Virginia Russell

December 9

Connie Swoyer

December 10

Joann Bowman
Pat Snuggs

December 11

David Garrett
Ronald Huffman
Janet Metzler
Barb Tilton

December 12

Sherry Kannev
Marvin Rittinger
Rosie Roese
Norman Wykoff

December 13

Lawrence Pritchard

December 14

Larry Jeffers
Stephanie Sharpnack
Faye Steerman
Karen Cockrell

December 15

Connie Davis
Bonnie Morrison
Saralee Terflinger

December 16

Dana Borrer
Loretta Detty

December 18

Marguerite Allen
Susan Barnes

December 20

Nancy Baldinger
Georgia Shepard

December 21

Donald Daubenmire

**December 22**

Darrell Smith

December 23

Arlene Hart

December 24

David Hartranft
Karen Knisley

December 25

Mary Tackett

December 26

Kimberly Hayes
Linda Kempton
Kathy Klingensmith

**December 27**

Tom Tootle

December 28

Colleen Bradley
Gerald Rush
Claudette Wilson

December 29

Harold Brill
Janice Kerns-Bothel

December 30

Karen Driesbach

December 31

Allen Black
Charlene Blue

TIME & MEMBERSHIP

Perhaps your monthly Newsletter wasn't delivered one or more times this year. Perhaps you learned your membership at the Center was incorrectly recorded or completely misplaced. It's even possible that the birthday of you or a loved one was omitted from the list.

I apologize. I'm still learning how things work here! Sadly, as I learn things (like our database, USPS rules, etc), those things change.

Currently, we have a digital and paper card file for each member. The digital files can no longer be easily combined to represent a household. This means the name of only one of the household residents will print on the label and sometimes two labels — one for each resident — will print for the same household and the extra label must be removed.

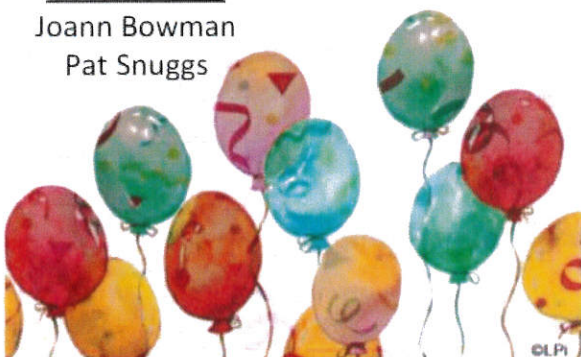
If you've ever worked with Bulk Mail you can imagine the consternation that arose when labels were removed and a new form and check must be written.

In the new year, the Center will offer a new Membership Card with more options for connection and greater clarity about when one's annual fee is due.

You may receive a call in the coming months about your membership, preferences for communication, and other options.

YOU'RE INVITED TO VOLUNTEER WITH THE NEWSLETTER TEAM, ONE MORNING EACH MONTH, TO SEAL, LABEL, AND SORT! CALL THE OFFICE FOR DETAILS!

Bonnie Vallette
Office & Program Assistant



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: Holly Cottrill Romine, Executive Director

"I can't believe it's almost been 4 years since I joined the staff at Pickaway Senior Center! It has been an absolute honor being part of the Center and getting to know and love so many of our seniors," said Holly.

Holly Cottrill Romine started at the center as executive director in January of 2019. Holly has worked in healthcare since 2010 – starting her career in skilled nursing in a marketing and admissions role and then later as the Executive Director of Carriage Court of Grove City Assisted Living before joining the senior center.

Holly earned her Bachelor of Arts in Business Administration with an emphasis in Health Care and a minor in Marketing from Ohio Christian University.

"Helping seniors has always been a passion of mine. I like to be of service and help those who are in need. I'm really proud of the Center and the staff. We are blessed to have so many amazing staff members that take such good care of our seniors," she said.

If you've noticed a new signature and name on your newsletter, it's because Holly recently wed longtime beau, Jeff Romine in October. "Thank you for the outpouring of support and congratulations. It really was a special time," said Holly.

"I look forward to many more years serving the needs of Pickaway County seniors as part of the senior center," she added.



SPECIAL THANKS TO THE FOLLOWING PEOPLE...



New Members

Mary Blair
Gregory Caplinger

\$10 Fund Donations

Jeanie Crider
Linda Harden
Ruby Baylous
Charles & Susan Patrick
Naomi & Jim Adkins

*Your
donations
make a difference
in our
Community!*

Memorial/Honor of Donations

In Memory of
Ralph Hart
in honor of Christmas

Given by,
Barbara Hart

In Memory of
Cathy Trivette
for her birthday

Given by,
Diane Rhymer

In Memory of

Richard D Fenwick

*on the anniversary of our
Thanksgiving Wedding
November 25, 1965*

Given by,
Judy Fenwick

In Memory of

Richard & Rona Conrad

for their December Anniversary

Given by,
Glenn & Linda Reeser

In Memory of

Dick Rhoads

For his birthday

Given by,
Margie Rhoads

In Memory of

Dick Greeno

Given by,
Anna Harber

In Memory of

Ron Harber

*For his birthday &
Our anniversary Nov. 27*

Given by,
Anna Harber

THANK YOU
for your generosity

SOLE SOLUTIONS

Nurse Delivered Footcare



MONDAYS

DECEMBER 5 & 19

9am—1:30pm

BY APPOINTMENT ONLY

Call the center

740.474.8831

and set your

\$35 FOR ½ HOUR

APPOINTMENT

SOON!

PROMEDICA HOSPICE PRESENTS:



THURSDAY,

DECEMBER 8, 12:30PM

Blood Pressure Clinic

the last Tuesday of each month!

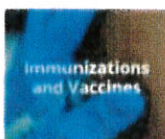


ALL ARE WELCOME!

Tuesday, December 27, 11AM

PARTNER SPOTLIGHT: Pickaway County Public Health

Community Health Assessment: How Healthy is Pickaway County?



Pickaway County Public Health is a nationally accredited combined health district serving townships, villages, and municipalities located in Pickaway County, Ohio. It administers programs for vital statistics, clinical health services, immunizations, emergency preparedness, communicable disease reporting and investigation, food safety inspections, residential water/sewage regulation, solid waste management, nuisance investigation, and other public health services.

Mission: protect and improve the health of Pickaway County residents through the provision of quality public health services.

As part of meeting public health standards, all local health departments in Ohio are required to partner with their communities to assess the health of their population. Our most recent Community Health Assessment was completed in 2015 and will be re-assessed in 2020. In the meantime, our health district continues to update the assessment information. But taking the temperature and vital signs of the community is not enough. We have to DO something about our strengths (keep it up) and the weaknesses (figure out how to get better) that we find in our county in terms of health. That is what the Community Health Improvement Plan is for. This plan is co-led by OhioHealth Berger Hospital and the Pickaway County Public Health, working together with community agencies and organizations to put the Community Health Assessment into action.

We welcome input on our 2020 Community Health Assessment. If you have comments or questions regarding the Community Health Assessment or the Community Health Improvement Plan, please give us a call at 740.477.9667. You might wish to complete this feedback survey to gather your thoughts:

Pickaway County Community Health Assessment Feedback Survey

This survey is open for community feedback regarding the Pickaway County Community Health Assessment.

- What areas of the Health Care Access do you feel need to be immediately addressed in Pickaway County?
- What areas of the Health Behaviors do you feel need to be immediately addressed in Pickaway County?
- What areas of the Social Conditions do you feel need to be immediately addressed in Pickaway County?
- Any other comments or concerns?

The **Pickaway County Public Health Department** has three primary divisions: Environmental Health, Vital Statistics, and Clinical Health.

The primary goal of the Clinical Health Services division is to promote healthy lifestyles through community planning, health education, and public health nursing services. Services are tailored to meet the community health assessment concerns, need, and currently address Breast & Cervical Cancer Project, Children with Medical Handicaps, Communicable Diseases, Community Health Assessment, Emergency Preparedness, and Immunizations.

2023 TRAVEL PLAN OPTIONS from your Center

Your Senior Center has a three fabulous trips planned for the coming year! Details available from the office, but here's a little taste!



NIAGRA 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

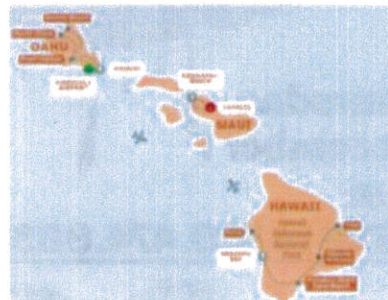


CANYONS + NATIONAL PARKS

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, Mount 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



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CANVAS PAINTING

with Promedica

**Thursday
December 1
1pm
RSVP to 740.474.8831**



Remember, Chair Yoga class will only be offered once this month, on **Thursday, December 8**, due to Christmas Holiday. Please note, Chair Yoga is at **12:30pm**

NEW CLASS FOR CHRISTMAS *Ornaments & Appetizers*

OFFERED BY PROMEDICA AND PICKAWAY MANOR

Come, create a Christmas Ornament and enjoy snacks with friends, old and new, on **Wednesday, December 7**, beginning at **1PM**.

RSVP to 740.474.8831 to reserve your chair and ornament!



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



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UNDERSTANDING ALZHEIMER'S

Wednesday, December 14, 1pm
30-minute informational session

ALZHEIMER'S QUICK INFO

Monthly, Second Wednesdays, 1pm

The Alzheimer's Association will offer an information session each month. These sessions will give us all a forum to ask questions and request topics that address challenges we face living with Alzheimer's or other dementias — in ourselves or in our loved ones. You need not sign up, just stop by.



VISIT WITH
*Santa &
Cookie Exchange*

Thursday, December 15, 1-3pm

You're welcome to bring Christmas cookies to share!

Please RSVP to 740.474.8831.



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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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158 East Mound St • Circleville
BrownMemorialHome.org

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



OCTOBER STATISTICS

Transportation

30 people
193 transports
4,056 miles

Adult Day Care

8 people
96 transports
562 miles

Hot Meals Delivered

7,400 meals
7,980 miles

Meals Served In Person

544 meals

Fresh Produce Disbursed

3,912 pounds of produce

Commodities Disbursed

92 families served

DON'T MISS OUT

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

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

**Donations received
– in Memory or in Honor
of family or friends –
during the first week of
the month, will be
included in that month's
newsletter. Donations
received in the second
week or later will be
included in the next
month's newsletter**

**Thank you for your
generosity!**