

**OCTOBER
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:

**WEDNESDAY, OCTOBER 13
BOARD MEETING**

THURSDAY, OCTOBER 14
PRODUCE TRUCK 8:00 AM
DRIVE-THRU 11:00 AM

**TUESDAY, OCTOBER 19
COMMODITIES**

**FRIDAY, OCTOBER 22
CENTER CLOSED**

THURSDAY, OCTOBER 28
PRODUCE TRUCK 8:00 AM
DRIVE-THRU 11:00 AM



From the Desk of the Director

Hello fall and welcome the return of the Pumpkin Show! I hope everyone is doing well and staying healthy.

Lots of things are happening at the Senior Center. It's nice to have lunch and activities meeting again! Please join us for lunch, Monday through Friday starting at 11:30 a.m. Call ahead to RSVP.

Coming up this month we will be hosting our final tenderloin drive-thru lunch of the year. Join us on Thursday, Oct. 14, 11 a.m. until 12:15 p.m. The suggested donation for this is \$4. Please RSVP by Oct. 6 by calling the center at 740-474-8831.

We will also be having a chicken drummies drive-thru lunch on Thursday, Oct. 28 from 11 a.m. to 12:15 p.m. Please RSVP by Friday, Oct. 22. Suggested donation is \$3.

With the help of Heartland Hospice, we will be hosting a painting class on Thursday, Oct. 28 at 1 p.m. Supplies and refreshments will be provided. Suggested donation of \$5. The class size is limited to 20 so please sign up fast by calling the center at 740-474-8831.

The Senior Services Renewal Levy will be on the ballot Tuesday, Nov. 2. Please be sure to go out and vote YES for the renewal of the levy. The levy allows us to be able to continue to offer much needed services to Pickaway County Seniors. We appreciate your support!

If you would like a yard sign supporting the levy for your yard, please call us and we will get it to you! Thank you! Come join us for an activity, or meal at your Senior Center!

Holly Cottrill, Executive Director

**Pickaway Senior Center
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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
Lisa Robbins · Ed Boyer
Pat Acord
Jackie Rish · Sheriff Matthew Hafey

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Commissioners:**

Jay Wippel · Gary Scherer
Harold Henson

**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 - 4:00 pm

***Due to the COVID-19 some ser-
vices 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 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 OCTOBER 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



We are looking for Volunteers at the Center to help distribute monthly commodity boxes and produce (twice a month) from truck days at the Center. If you are interested please call the Center at 740-474-8831 and speak to Holly or Dayna.

Jingle Jangle Christmas

Jubilee Show Day Trip

November 10, 2021

Price: \$130 per person

\$25 due upon signing

Deadline September 30



Highlights:

- Motorcoach Transportation
- Lunch & Boxed Dinner
- Salt Fork Lodge
- Jingle Jangle Christmas Jubilee Show
- Dickens Village Tour

For more information please contact the Center at 740-474-8831

OCTOBER BIRTHDAYS-HAPPY BIRTHDAY!

OCTOBER 1

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

OCTOBER 2

KATHLEEN CAMERON
BARBARA HART
DONNA LUTZ
PATRICK PARK

OCTOBER 3

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

OCTOBER 4

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

KATHY SCHLEICH
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

NANCY BALL
LEMOYNE HAYES

OCTOBER 12

MARGARET WALKER
JERRY GREINER
TERESA MARION
DIANE STEWART
NANCY HOSOM
PAULINE LOY

OCTOBER 13

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

OCTOBER 14

FRANCENE DISBENNETT
MARJORIE FOREMAN
SHIRLEY DUNCAN
KAREN NIEBALSKI

OCTOBER 15

SYLVIA CHRISTY

OCTOBER 16

CAROLYN STEDMAN

OCTOBER 17

BONNIE SKAGGS
PAMELA PHIPPS
SANDY JORDAN
BARBARA HOPPER
BEVERLY FOX
ROBERT HARRISON

OCTOBER 18

KENNETH BENSONHAVER
ONALEE LAWSON
DAVID WEBB
PATRICIA WINDEN

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
CONNIE HEDGES

OCTOBER 25

ROBERT CLEMONS
MARILYN BURKE
DIANE REESER
NORMA SHULL
NORMA HUNT
LARRY RAYER
FREDA LINDSEY
LINDA MCFARLAND

OCTOBER 26

CHARLES HUDSON
MARILYN BOWSHER
JACK ROBERTS
CHARLES HEMMING

OCTOBER 27

ESTHER DAVIS
CHUCK SIMS
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...

New Members

Robert Pollock

Forrest Kiser

Pam Rhoades

DeMaris Durgin

Doris Young

LouAnn Smith

Sue Rhoads

Jodi Brooks

Mary Beth Rhoads

\$10 Fund Donations

Linda Harden

Jeane Crider

Charles & Susan Patrick

Carl & Brenda Strittmatter

Mary Ann Borrer

Carolyn Brooks

Charles Hemming

Paul & Gloria Knece

Memorial/Honor of Donations

In Memory of

Fred Acord
For his Birthday 9/30

Given By,

Pat Acord

~~~~~  
In Memory of

My Daughter, Jackie Cook  
For her Birthday

Given By,

Kathleen Lloyd

~~~~~  
In Memory of

Norma June Ankrom

Given By,

Bill Ankrom & Family

~~~~~  
In Memory of

Donna Charlotte Groff for her  
October 12th Birthday

Given By,

Richard Groff

### Memorial/Honor of Donations

In Memory of

Ralph Hart

Given By,

Barbara Hart

~~~~~  
In Memory of

Our Friends, Mary Holbrook,
Rev. Hill & Norval Shepard

Given By,

Don & Nita
Hall

~~~~~  
In Memory of

Tom Imler anniversary for his  
passing on 10/22/15 &  
Mary Grubb anniversary for  
her passing on 10/30/20

Given By Wife & Daughter,

Julie Imler



## Circleville Pumpkin Show Trivia

1. What year was the first Pumpkin Show?
2. Who started Pumpkin Show?
3. How many days was the first Pumpkin Show held?
4. How many parades are held in the 4 days of Pumpkin Show?
5. How is attendance determined with no tickets or gate?
6. When is the Pumpkin Show held?
7. Where can you find the biggest Pumpkin Pie?
8. Who greets people on the streets of Pumpkin Show while on his roller blades?



Write your answers:

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



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

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

**Deadline October 31. Congrats to August Raffle Winner: Laura B.**

**PICKAWAY SENIOR CENTER**  
**RENEWAL LEVY**

We will be asking for your support on a renewal of our senior services tax levy at the polls on November 2nd. The renewal of this levy will ensure continued quality senior services are provided throughout Pickaway County.



**DRIVE-THRU LUNCHES**

**GRILLED TENDERLOIN SANDWICH**

**Thursday, October 14- 11:00 am– 12:15 pm**

**RSVP by October 6 - Suggested Donation \$4 (limited sandwiches)**

**Thursday, October 28– Chicken Drummies**

**11:00 am– 12:15 pm**

**RSVP by October 22 - Suggested Donation \$3**


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

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## Pickaway County S.A.L.T.

### Pancake Breakfast

When: November 20, 2021

8:00 a.m.-Noon

Where: VFW- 1096 Tarlton Rd.  
Circleville

Adults- \$6/ Children 12 & Under- \$2.00

Uniformed First Responders-Free

\*Must purchase individual tickets at door day of  
\$50.00 VIP Tables- (access to advertise & 6  
complimentary tickets & special gift basket)  
Call the Center- 740-474-8831 or Gail at 419-  
460-1452 to purchase a VIP table

## GIFT CARD RAFFLE

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



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**Call (614) 398-1098 for an appointment.**

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Pickaway Terrace, Eden Place, Louise Terrace & Williamsport Terrace

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## Tips to Strengthen your Emotional Wellness

How are you feeling? Happy? Sad? Frustrated? Mad? Content? Lonely? The emotions you feel are yours and are OK. Over the next couple of months I'll share some tips to help you manage some of the challenges. Watch for more tips next month! Emotional wellness is the ability to successfully handle life's stresses and adapt to change and difficult times. People who are emotionally well, experts say, have fewer negative emotions and can bounce back from difficulties faster. This is called resilience. Let's look at a few tips and strategies to help you strengthen your emotional wellness. **Brighten Your Outlook:** **Remember your good deeds.** Think about a good deed that you've done. How did that make you feel? Doing something for someone can make you feel pride, happiness and other positive emotions. Think about one thing you can do now for someone – this may help you feel better too! **Forgive yourself.** We all make mistakes. It doesn't help to dwell on them. We all have made decisions or done things we regret. Forgive yourself and move on. Let go of past hurts and mistakes. If you need to make amends with someone, do that and move on. Give yourself the grace you would someone else. **Spend more time with your friends.** Visit the Senior Center. Meet friends outside on a porch and visit. Call each other if you can't visit in person. Try a video call – ask your family to help you set it up – it is easier than you think! **Explore your beliefs about the meaning and purpose of life.** Your purpose may be connected to a job you had or to family or friends. It may be through your spirituality or religious beliefs. It is unique to everyone. Realize that as you explore your beliefs about life, it may help brighten your outlook as well. **Develop healthy physical habits.** Start with the basics: move more, get quality sleep, drink more water, and eat more fruits and vegetables. Start with one habit and build on it. If you don't drink enough water, add a glass in the morning & one in the afternoon. Don't move enough? Take a short walk, stretch or exercise. Need more vegetables and fruits? Find one you like, add it as a healthy snack. Look for easy ways to add fruits and vegetables to foods you enjoy. Michelle Treber– Family & Consumer Sciences Educator=OSU Extension-Pickaway Cty



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P.O. Box 565  
Circleville, OH 43113

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Permit #200  
Circleville, OH 43113

*RETURN SERVICE REQUESTED*

Current Resident



### **S.A.L.T Council Meeting**

There will be **no S.A.L.T. Meeting in October** due to the Pumpkin Show. Join the S.A.L.T. Council come back on Wednesday **November 17th and every Third Wednesday of each month at 1 p.m. Meetings will be in the Koch Meeting Room at Pickaway County Library.**

November's Guest Speaker will be Samantha Cummins, Certified Specialist/Volunteer Coordinator of the State Long-Term Care Ombudsman.

You must call the Senior Center at 740-474-8831 or Gail Howard at 419-460-1452, to put your name on the attendance list before the meeting. A pizza lunch will be provided for the **Nov.17** meeting. RSVP by Nov. 10

### **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

### **Paint Class**

**Heartland Hospice will be hosting a paint class at the Center. Class size limited to 20. October 28th at 1:00 p.m. Cost is \$5 per person. Please call the Center to reserve your spot. 740-474-8831.**

