

MARCH DATES OF NOTE:

Wednesday, March 1
St Patrick Craft w/Sonya 1pm

Thursday, March 2
Chair Yoga 12:30pm

Monday, March 6 by app't
Sole Solution Footcare

Wednesday, March 8
Pickaway PARKS Present 10am
Board Meeting 10:15am
Alzheimer's Signs 12pm

Thursday, March 9
PRODUCE TRUCK 9am
Chair Yoga 12:30pm

Tuesday, March 14
Trivia with TJ Dzik 9:30am
Wyngate Bingo 1pm

Wednesday, March 15 8:30am
OSHIIP COUNSELING

Thursday, March 16
Chair Yoga 12:30pm

Monday, March 20 by app't
Sole Solution Footcare

Tuesday, March 21
COMMODITY BOXES 8:00am

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

Tuesday, March 28
Blood Pressure Clinic 11am

Wednesday, March 29
Birthday Luncheon 11:30am
Insurance Check-Up 12:30pm

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



From the Desk of the Director

Welcome March!

As we inch one step closer to spring remember daylight savings begins on Sunday, March 12, and the first day of spring arrives Monday, March 20!

March will be a busy month as we prepare for the Annual Fundraiser on Friday, April 28. This is by far our biggest fundraiser which helps us to continue to expand and improve our senior services. It's been three years since we were last able to host the Annual Fundraiser! It is more important now then ever as we continue to serve more people through out the community.



I hope you can join us for a fun night as we celebrate 50 years of providing senior services to Pickaway County!

Tickets are \$25 and are on sale now. Please let us know if you are interested in donating to either the silent or live auction, or helping us by volunteering your time the night of the fundraiser! If you are interested in helping, please reach out to Bonnie or myself at 740-474-8831.

We also have some exciting trips planned for 2023.

- First up is a bus trip to the US side of Niagara Falls, June 26 – 30. Cost is \$659 per person. Deadline to sign up for this trip is April 19.
- We are also planning another trip to Washington DC, Sept. 8 – 12. Cost for this trip is \$725 person.

If you are interested in going on any of these trips, call or stop by the center for additional information. We are also working on a day trip this spring, keep your eye out for more information on that!

Come join us for an activity, or meal at YOUR senior center!

A handwritten signature in black ink, appearing to read 'Holly'.

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
 Bob Mabe Ed Boyer
 Ellery Elick Jackie Rish
 Sheriff Matthew Hafey

**Pickaway County
Commissioners:**

Jay Wippel
 Gary Scherer
 Harold Henson

**SUGGESTED LUNCH DONATION
increased 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.

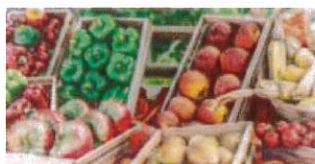
Supportive Services

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 administered by Ohio Department of Aging
- Funds from senior levy, as passed by Pickaway voters
- Private donations and fundraisers



MARCH BIRTHDAYS-HAPPY BIRTHDAY!



MARCH 2

Brenda Mears
William Riser

MARCH 4

Betty Caudill
Marjorie Hedges
Rhonda Leath
Marge Wolford

MARCH 5

Mable Green
Marilyn Huffman
Jerry Wolford

MARCH 6

Patricia Edwards
Geraldine Hannahs

MARCH 7

Laura Barnes
Louis McFarland
Sue Schiff

MARCH 8

Ruby Anderson

MARCH 9

Sue Ballou
Brenda Graf
Rickie Hodges
Joyce Kline
Donna Nance

MARCH 11

Betty Gilmore
Kenneth Welsh

MARCH 12

Jerrie-Anne Bennett
Gwendolyn Gothard
Marjorie McCormick

MARCH 13

Donald Williard

MARCH 15

Gene Hall
Larry Harris
Gloria Noggle

MARCH 16

Robert Pollock

MARCH 17

Connie Angles
Karen Garrett
Jack McGill

MARCH 18

Kim Alley
Sharon Arledge
Bob Baughman
David Henson

MARCH 19

John Davis
Shirley Wolfe

MARCH 21

Julia Lester

MARCH 22

George McGill

MARCH 23

Milagros Davis
Nancy Lieber
Nancy Plescia

MARCH 24

Patricia Moore
Roger Neil
Hildegard Nichols

MARCH 25

Doug Alley
Linda Guseman
Melanie Morgan
Connie Walker
Joyce Woods



MARCH 26

Rick Bumgarner
Donald Crist

MARCH 28

Ron Martin
Dixie Walker

MARCH 30

Norman Baldinger
Dorothy Bowers
Floyd Catron
Elizabeth Cavanaugh
Nancy Leonard

MARCH 31

James Adkins
Katherine Amann
Betty Coleman
Barbara Hodge



Blood Pressure Clinic



ALL WELCOME!

Tuesday,
March 28, 11 am

FLIGHTS OF FANCY (trips)



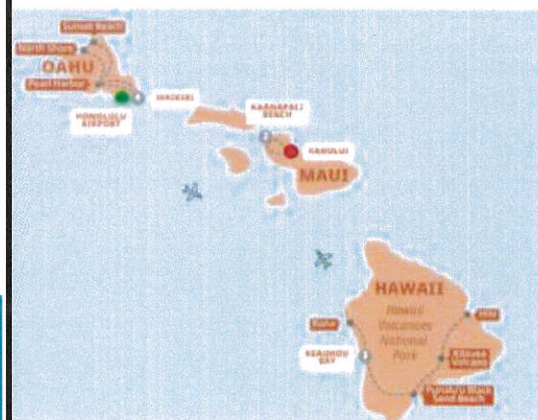
CANYONS + NATIONAL PARKS

October 3: 13 days/12 nights

Fly to Vegas: Grand Canyon, Flagstaff, Lake Powell, Monument Valley, Bryce Canyon, Zion, 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

Pick up registration information from the Volunteer Office.



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

Pick up registration information from the Volunteer Office.

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

REMINDER

You are invited to renew your membership by March 31!
This will ensure you continue to receive the monthly newsletter.

Dues are \$10.00 per year per person. Thank You.

MEMBERSHIP DUES ARE \$10 PER PERSON, PER YEAR

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

TELEPHONE _____

BIRTH DATE _____

MEMBERSHIP(S): \$10 per person + DONATION to \$10 Fund = CHECK TOTAL \$ _____

CHECKS PAYABLE: Pickaway Senior Center MAIL TO: 2105 Chickasaw Dr, Circleville OH 43113

Memorials/Honorariums

In Honor of Every Day Heroes —

A Celebration of Age!

Given by an Anonymous Donor

~~~~~

In Memory of

**Dorothy Drum**

Given by,

David & Wanda Hartranft

~~~~~

In Memory of

Erma Schooley

Given by,

Terry & Judy Schooley

~~~~~

In Memory of

**Waldo A Martin**

Given by,

Martha & Terry Martin

~~~~~

In Memory of

Richard D Fenwick

on his February 2 birthday

Ground Hog Day

Given by,

Judy Fenwick

~~~~~

In Memory of

**Staci Michele Ballou**

*in celebration of her January 28 birthday*

Given by, her mother

Karen Sue Ballou

~~~~~

In Honor of my husband

Neal Wolfe

on the event of his Valentine's Day birthday

Given by, his wife

Shirley Wolfe

~~~~~

In Memory of

**Richard "Rick" Sims**

Given by,

Sue Shank

Sheila Flaherty & Sean Taylor

Cheryl & Daniel Campbell

Deborah & Dennis Shaw

John & Teresa Ankrom

Laura Boeckman

Tom & Diane Hill

Friends of Richard Sims' daughters

~~~~~

Welcome
THANK YOU FOR JOINING US

Jimmy Laux

Teresa Laux

Dean Jacob

Jorge Ripold

Joe Goellar

Sue Twinning

Donna Little

Marilyn Bussert

Toni Schein

Mark Schein

Judy Tolley

Rick Bumgarner

Joyce Butts

John Butts

Joyce Gifford

Linda Foster

Nancy Lieber

Susan Sark

Bill Sark

Phil Leahy

Betty Coleman

Robert Kiger

**With a HUGE THANK YOU
to the 132 members who
renewed in February!**



DONATIONS

\$10 Fund

Don & Reah Crist

Don & Meg Kadunc

Barb Misko

Rosie Roesse

Charlene Grambo

Mary Ann Borrer

Dorothy Cormeny

Jeane Crider

Dee Helsel

Virginia Russell

Marilyn Fausnaugh

Darlene Jackson

Ruth Pinnix

Jeff & Sharon Peters

Darrell Smith

Anonymous

Karen Ballou

Pamela Wolfe

Bev & Jim Davis

David & Bonnie Betz

Sandy Burns

Joan Savage

Don & Betty Smith

Charles & Susan Patrick

Jeane Crider

Roger Fox

Bonnie Morrison

Marjorie Heges

Wanda Luckhart

John & Nancy Looney

Janet Lee Fee

Allen & Debbie Black

Connie Swoyer

Vera Woodard

Linda Harden



FRIDAY, APRIL 28, 2023
6pm – 9pm

Tickets \$25 per person
RSVP 740.474.8831

Since 1972, the Pickaway Senior Center has served the seniors of our county by providing Home Delivered Meals, Congregate Meals, Transportation, Homemaking, and Adult Day Care as well as programming which supports physical and mental health and increases socialization and general well-being. Our mission is to be the place seniors learn, grow, get energized, and access resources to live independently with the best possible quality of life. We are a 501(c)(3) non-profit organization and depend on support from Pickaway County and beyond.

During the pandemic, the Center continued to provide Home Delivered Meals, quietly and without fundraising, and, like 73% of other US nonprofits, this impacted our ability to fully meet the needs of the vulnerable population we serve. While Home Delivered Meal deliveries remain steady at around 400 clients each day, what has changed is the cost of food, milk, and gasoline which have 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 join us for congregate lunch, utilize our transportation services, and request supportive services has increased. We recognize it is time to renew our fundraising efforts.

We invite your participation at our signature Annual Fundraiser on Friday, April 28, 2023, 6-9pm. The evening includes a delicious dinner, exciting live and silent auctions, raffles, music, and celebration.

Our fundraising goal is \$50,000 in honor of the Center's 50th Anniversary!

Event tickets are \$25 each and can be purchased at the Senior Center, by return mail using the form below, or you may call 740.474.8831 to request a ticket be reserved for you. The Center accepts cash and checks.

Would you consider donating an item for our raffles? Cash donations are appreciated, and corporate sponsorships are available.

☐ YES! I will attend the Fundraiser Friday, April 28, 2023. I'd like ____ tickets x \$25

☐ Please reserve my ticket(s) at the door.

☐ Please mail my ticket(s) to address: _____

☐ No, I am unable to attend, but please accept my donation of \$_____

PROMEDICA PRESENTS:



**EACH THURSDAY AT
12:30PM**



CRAFTING WITH

Sonya

of Pickaway Manor

WEDNESDAY, MARCH 1, 1PM

RSVP 740.474.8831 ASAP



**Pickaway County
S.A.L.T. Council
Meetings**

Come Join the
Pickaway County S.A.L.T.
Council

WHEN: Every Third
Wednesday of the month

WHERE: Koch Meeting
Room at Pickaway County
Library.

TIME: 1:00 p.m.

LUNCH is provided

You **MUST** call **419-460-1452**
to put your name on the
attendance/lunch list before
10th. of the month.

SOLE SOLUTIONS

Nurse Delivered Footcare



MONDAYS

MARCH 6 & 20

9am—1:30pm

BY APPOINTMENT ONLY

Call the center

740.474.8831

and set your

\$35 FOR ½ HOUR

APPOINTMENT



LOGAN ELM

— HEALTH CARE —

THE RIGHT PLACE. THE RIGHT CHOICE.

**370 Tarlton Rd.
Circleville, OH**

740.474.3121



**All new 18 private
rehab Suites**

You have a choice



HEAP

WINTER CRISIS PROGRAM

Income-eligible households, under threat of heating disconnection, have been disconnected, or have less than a 25 percent supply of bulk fuel or wood; runs from November 1 through March 31.

Appointments encouraged:
CALL (833) 359-2804.

For more information Energy Assistance Programs, contact PICCA at (740) 477-1655.



TUESDAY, MARCH 14, 1PM

Join Nicki from Wyngate for a fast-paced game of commerce and comedy.

**Geographical Trivia
with TJ Dzik
Tuesday, March 14,
9:30am**

CALLING ALL VOLUNTEERS!



THE ANNUAL FUNDRAISER IS ONLY POSSIBLE BECAUSE OF OUR VOLUNTEERS.

We invite YOU to volunteer!

From ticket sales and inviting friends to serving dinner and helping with checkout, there are a wide variety of tasks that need your time and talents.

Contact Holly at the center to learn how you can help!



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

TTY/TDD Customers:

Contact Ohio Relay Services at 711 or 1-800-750-0750

This institution is an equal opportunity provider and employer



Trusted In-Home Care



Live life your way! From a few hours to 24/7 care, we're there when and where you need us.

Personal care, Housekeeping and More!

740-689-9410

homehelpershomecare.com/lancaster

Each office is independently owned & operated

Our Mission is to improve your health and well-being.

PROMEDICA | Your Health. Our Mission.

Formerly Heartland Hospice

116 Morris Rd. Suite B • Circleville, OH 43113

740-420-0605



Luebbe
Hearing Services
www.HearOhio.com

Call Today for a **FREE**
Hearing Appointment

740.571.4842



Dr. Mary Lou Luebbe-Gearhart, Au.D., Certified Audiologist & Dedicated Staff

1420 Circleville Plaza, Circleville, OH 43113



FREE TAX PREP

Certified IRS VITA Tax Preparers

BRING WITH YOU:

- 2021 TAX RETURN
- PHOTO ID
- SOCIAL SECURITY CARD FOR YOU AND ALL DEPENDENTS
- W2 WAGES
- 1099 FROM RETIREMENT, DISABILITY, SOCIAL SECURITY, INTEREST, DIVIDENDS, OTHER TAX FORMS RECEIVED

CALL 740.779.2274 TO SCHEDULE

UnitedWayRoss.org

10 Warning Signs

WEDNESDAY, MARCH 8, 12PM

information session with Q/A time

ALZHEIMER'S QUICK INFO

Each month, Second Wednesdays, 12pm

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: Alzheimer's and dementia.
- Alzheimer's disease stages, risk factors.
- Current research and treatments to address some symptoms.
- Alzheimer's Association resources.

GET THE FINEST CARE



HERE • THERE

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.

Schedule your next visit at OhioHealth.com/FinestCare.



© OhioHealth Inc. 2021. All rights reserved. FY22 777266 12/21

Miller Commons In Northern Pickaway Co.

Luxury Senior Flats—ages 55+ **NOW LEASING**
740-983-2222 2 BR, Carport, Pets Welcome

"Discover where to Recover"

- 24-hour Nursing Care
- PT, OT & Speech Therapies
- IV Services and Medication Management

391 Clark Drive | (740) 474-6036
www.optalishealthcare.com



**The Trusted Senior Care Provider
For Over 125 Years**

740.474.6238



BROWN
MEMORIAL HOME

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



JANUARY STATISTICS

Transportation

30 people
184 transports
3690 miles

Adult Day Care

4 people
60 transports
533 miles

Hot Meals Delivered

7938 meals
8075 miles

Meals Served In Person

550 congregate meals

Fresh Produce Disbursed

4960 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 Servicesp2
Birthdays & Planes.....p3
Membership Renewal Form & Donation Form p4
Welcome & THANKS..... p5
Annual Fundraiser p6
Art, Yoga, Safety, Feetp7
CALLING VOLUNTEERS, HEAP TRIVIAS: Prices & Places.... p8
Smart Driver, ALZ info..... p9
Congregant Meal Menu ... p10
Activities Calendar p11
Vital Stats, Generosity p12



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

Donations received during the first week of the month are included in the next month's newsletter. Those received later in the month, will be included in the next month's newsletter

Thank you for your generosity!

