

Happy
August!

P S C

Pickaway Senior Center

REGULARLY SCHEDULED:

DAILY: Congregate Lunch 11:30am

Please RSVP 24 hours prior.

MONDAY:

Exercise Class	9am
Euchre & Games Tables	1pm

TUESDAY:

Bingo	10am
Learn to play Bridge w/Al	12:30pm
Clogging Group	3pm

WEDNESDAY:

Exercise Class	9am
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THURSDAY:

Chair Yoga	12:30pm
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FRIDAY:

Exercise Class	9am
Bingo	10am
Bible Study	10:30am
Euchre Tables	12pm
Line Dancing	1pm

DATES OF NOTE:

Monday-August 5th & 19th *by Appt.*
Sole Solutions Footcare Clinic

Tuesday-August 6th	9am
Therapeutic Stretching	

Wednesday-August 7th	1pm
Crafting w/ Sonya	

Monday-August 12th **Closed**
Staff Training Day

Thursday-August 8th & 22nd	8am
Produce Delivery	

Tuesday-August 20th	8am
Commodity Delivery	

Wednesday-August 21st	8:30am
OSHIIP	

Wednesday-August 21st	11:30am
FELLOWSHIP	

Monday-August 26th	1:30pm
Savings Bank-Safe Banking	

Tuesday-August 27th	10am
Heritage BP & Glucose Clinic	

Wednesday-August 28th	11:30am
Birthday Luncheon & Ice Cream Social	

From the Desk of the Director

Greetings from your Center,

Who turned up the temperature? As one Senior quipped, "Lord, I don't know what you're baking, but I'm pretty sure it is done!"

If you're feeling the heat and need a fan, air conditioner, or service on your heating and cooling system, plan to come see Home Energy Assistance Program on Monday, August 26. No appointment is necessary. If you need help now, please call 740.889.1040 to schedule an appointment at PICCA.

A Parkinson's Support Group is forming at the Center, thanks to Brown Memorial Home's Director of Nursing, Debbie Young. If you or a loved one is living with Parkinson's, please join us for learning more about the disease and ways to share resources.

The Alzheimer's Support group meets at the Circleville Branch of the Pickaway County Library on the second Thursday of each month from 2-3pm. The Center's Adult Day program was our fundraising focus in July and more than \$775 was raised through the tenderloin sale and other initiatives! See page 12 for additional information.

The Savings Bank will be with us August 26 to share more SmartBanking tips and tricks. The program is lively and engaging and begins at 1:30pm.

There's a new beginner's line dance class each Thursday at 2pm. If you've felt uncertain about learning the moves this class is for you! The Line Dancers gather each Friday at 1pm.

FELLOWSHIP RETURNS! Seating is limited to 60, so make your reservation today by calling 740.474.8831! See page 9 for the details!

On Wednesday, August 28, our usual birthday celebration lunch will be topped off with Ice Cream. Please RSVP by August 22.

Bonnie

Bonnie Lowry Vallette,
Executive Director

Pickaway Senior Center

2105 Chickasaw Dr. Circleville, Ohio 43113

740-474-8831

www.pickawayseniors.org

Services provided Monday ~ Friday

Adult Day Care:

Provides respite relief for those caring for a loved one with a dementia or Alzheimer's.

Services are 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. Suggested Congregate

lunch donation is \$4. **PLEASE RSVP THE DAY PRIOR**

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.

(CSFP) Commodity Supplemental Food Program

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.

Pickaway Senior Center BOARD OF DIRECTORS:

Sally Galecki President

Ellery Elick Vice President

Joy Ewing Treasurer

Al Canarsky Secretary &
Membership President

Bonnie Vallette Director

Dennis Bothel Fiscal Officer

Bob Mabe Andy Bull

Krista Bower Jackie Rish

Jenna Logan Grant Davis

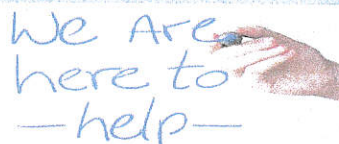
Sheriff Matthew Hafey

Pickaway County Commissioners:

Jay Wippel

Gary Scherer

Harold Henson



The Pickaway Senior Center is a non-profit organization. We are supported by financial contributions from:

- Title III, as administered by Ohio Department of Aging
- Senior Levy monies, as approved by Pickaway voters

Equal



Provider

PICKAWAY SENIOR CENTER

We are available Monday thru Friday 9am-3pm if you need to stop by to drop off membership dues, memorials, donations, etc.

Office 740-474-8831

Toll Free 888-397-7246

Nutrition 740-474-8617

Fax 740-477-8114

You may also mail them to:

2105 Chickasaw Drive
PO Box 565
Circleville OH 43113

pickawayseniors.org



Summer Crisis Program

- Apply for HEAP 2025 credit*
- AC/Fan for individuals 60+ OR Med Cert from PCP*
- Electric utility disconnect, connect or transfer of service*
- PIPP*

Bring the following documents with you

- Proof of citizenship for all household members
(Birth certificate or social security card)
- Last 30 days of income for all household members
- Copy of your most recent Electric and/or heating bill
(only electric assistance is available in the summer)

Case managers will be on-site to process your applications.
If you have any questions, please reach out to a case manager!

Sincerely,
HEAP Team

Come See Us!

Pickaway County
Senior Center

2105 Chickasaw Dr.

Monday-Aug. 26th

CANT MAKE IT?

Appointments are available at
PICCA!

Visit

pickawaycca.itfrontdesk.com

Call

1-740-889-1040



PICKAWAY SENIOR CENTER PRESENTS

Pigeon Forge and Smoky Mountains Show Trip



INCREDIBLE PRICE INCLUDES:

- Motorcoach Transportation
- 4 Nights lodging in the Smokies
- 8 Meals: 4 Breakfasts and 4 Dinners
- Three Morning Shows: Smith Morning Variety Show, Patty Waszak Show & Christmas Memories Show
- One Afternoon Show: "ICONS" - The Original Legends Show
- Three Evening Shows: Country Tonight, Paula Deen's Lumberjack Feud Show & "Array"
- Free time in the Historic Downtown Gatlinburg

\$750*

5 Days 4 Nights

*PER PERSON, DOUBLE OCCUPANCY

Per Person, Double Occupancy

**Nov 18 - 22
2024**

**Departure: Pickaway Senior Center,
2105 Chickasaw Dr, Circleville, OH @ 8 am**

If you have signed up for the Ireland or Alaskan trip, meetings have been scheduled for the following dates.

ALASKA: Wednesday-July 24, 2024 @ 2pm

IRELAND: Wednesday-September 11, 2024 @ 2pm

Events Around The County

August 2nd-Car Cruise In

5pm-8pm; Pumpkin Show Park: 122 N. Court St. Circleville, Ohio 43113

August 3rd-Butterflies & Blooms

1pm; Canal Park: 23352 Canal Rd. Circleville, Ohio 43113

August 3rd-Take Back The Strip Car Cruise

5pm-9pm; Downtown Circleville

August 6th-Red Cross Blood Drive

12pm-6pm; Pickaway County Library: 1160 N. Court St. Circleville, Ohio 43113

August 10th-Circleville Farmer's Market

9am-12pm; 144 E. Main St. Circleville, Ohio 43113

August 10th-Commercial Point Community Market

10am-1pm; 10 W. Scioto St. Commercial Point, Ohio 43116

August 15th-Movie Matinee

1pm; Pickaway County Library: 1160 N. Court St. Circleville, Ohio 43113

August 15th-Family Movie Night

6pm; Pickaway County Library: 1160 N. Court St. Circleville, Ohio 43113

August 17th-South Bloomfield Market

8am-12pm; 5000 Park Pl. South Bloomfield, Ohio 43103

August 17th-Adult Craft

1pm; Pickaway County Library: 1160 N. Court St. Circleville, Ohio 43113

August 17th-Commercial Point Food Truck Festival

4pm-8pm; Commercial Point

August 24th-Ashville Community Market

9am-12pm; Ashville Park

August 24th-Boogie On The Blacktop

7pm-11pm; 135 W. Main St. Circleville, Ohio 43113

KNOW US BEFORE YOU NEED US!!

Sept. 3rd, 2024—5:30PM-7:30PM

**PICKAWAY COUNTY FAIRGROUNDS-
HERITAGE HALL BUILDING**

Located @ 415 Lancaster Pike, Circleville, OH 43113

**PICKAWAY COUNTY OFFICES-
PUBLIC COMMUNITY EDUCATIONAL EVENT**



JOIN US FOR AN OPPORTUNITY TO LEARN ABOUT OUR PICKAWAY COUNTY OFFICES AND THE DIFFERENT SERVICES THEY PROVIDE TO OUR COMMUNITY. WALK AROUND AND MEET AND SPEAK WITH OUR DIFFERENT HOLDERS AND THEIR REPRESENTATIVES.

WE CAN'T WAIT TO SEE YOU THERE!

PICCA TRANSIT

FREE FLEX BUS SCHEDULE

:00 Walmart
:05 Jobs One Stop
:10 PICCA
:12 Ohio Heights Apartments
:20 Kroger
:22 Apple Ridge Apartments
:27 Pickaway County YMCA
:35 OhioHealth Berger Hospital
:40 Pickaway County Library
:45 Ollie's Bargain Outlet
:50 Pickaway County Courthouse
:55 Twin Oaks
Monday-Friday 8AM to 5PM
Call to schedule a ride 740-474-8835



Heritage Health Care will provide a Blood Pressure and Glucose clinic on the 4th Tuesday of each month from 10am-11am
Next Clinic
 Tuesday –August 27th

NEW



Beginners-Line Dancing
 Every Thursday in August @ 2pm

Therapeutic Stretching

From beginner to advanced. Therapeutic stretching benefits everyone. It aids in postural correction, pain management & promotes increased flexibility of muscles. Join us the first Tuesday of every Month!!

Next session: August 6th @ 9am



**CRAFTING
 WITH**

Sonya
 of Pickaway Manor

**WEDNESDAY-AUG. 7TH
 @ 1PM
 RSVP • 740.474.8831**



**OSHIP
 Wednesday
 August 21, 2024**

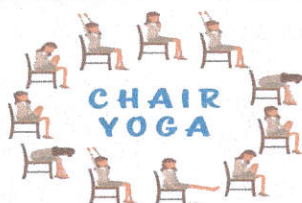
Review and compare:

- 2024 Part D Plans
- Medicare Advantage
 - Learn ways to save on Rx & Medicare costs

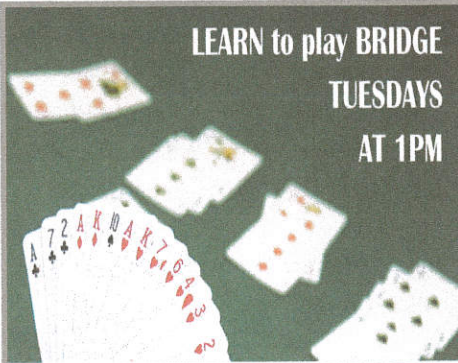
**STOP ON IN
 NO APPT. NECESSARY**

740.474.8831

PROMEDICA PRESENTS:



EACH THURSDAY AT 12:30PM



*The Savings Bank,
 SmartBanking*
August 26th @ 1:30PM
 (No session in July)

Talk seeks to educate consumers about the various kinds of scams and fraud that have become unfortunately prevalent in our society. These classes will cover the basics of a variety of topics—from phishing to sweetheart scams—before taking a deep dive into examples and how consumers can protect themselves.

ALZHEIMER'S ASSOCIATION SUPPORT GROUPS
 CENTRAL OHIO CHAPTER

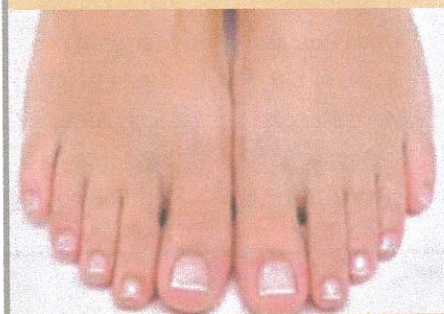


Build a support system with people who understand.

Join us for an in person caregiver support group each month on the 2nd Thursday from 2p-3p at the **Pickaway County Library** 1160 N. Court St. Circleville, Ohio 43113

- Alzheimer's Association support groups, conducted by trained facilitator's, are a safe place for people living with dementia and their care partners to:
 - Develop a support system
 - Exchange practical information on challenges and possible solutions
 - Talk through issues and ways of coping
 - Share feelings, needs and concerns
 - Learn about community resources
- Please call to register : **1-800-272-3900**

SOLE SOLUTIONS Nurse Delivered Footcare



BY APPOINTMENT ONLY

August 5th 8:30am-3:00pm

August 19th 8:30am-3:00pm

Call the center

740.474.8831

to schedule your appointment

**\$35 FOR ½ HOUR
 APPOINTMENT**



August 1

Shirley Cornelius
Joyce Dumm
Doris Gruebel
Donna Malone
Earl Mink
John Neymeyer
Shirley Quillen
David Stockham
Kathleen Wilson

August 2

Brenda Copes
Elizabeth Konkle
Dee Mogan
Joy Murdock
Deskey Posey

August 3

Sharon Allman
Charles Griffey
Glenn Reeser
Nancy Schneider

August 4

Linda Adams
Mae Harber
Mary Metzler

August 5

Ray Brown

Grace Lindsey
Victor Smathers
Ann Thompson

August 6

Vicki Badger
Sally Hafey
Barb Hull
Becky Ramey
Charles Selman
Joan Taylor

August 7

Sue Hoylman

July 8

Pat Acord

August 9

Brenda Fowler
Ann Hoffman
Shirley Marion

August 10

Coletta Brown
Betty Colburn
Betty Combs
Larry Dean
Linda Dean
Sally Jones
Betsy Marsh
Edith McCloud

Shirley Queen
Ruth Tatman
Pabby Vaughan
Eleanor Wardell

August 11

Deano Darst
Jeanine McDowell
Delbert Poling
Charles Schlegler
Randy Walker

August 12

Jane Ramey

August 13

Diana Shamblin

August 14

Noel Crawford
Patricia Funk
Delores Helsel
Vicky Lake
Robert Parmer

August 15

Anne Canan
Jo Ann Echelbarger
C Fry
Alice Harriman
Betty Smith

August 16

Peter Cherrington
Mary Dyck
Nancy Fee
Gail Howard
Teresa Matsushita
Gary Miller
Patricia Mullins
Joanne Stant

August 17

Carolyn Cline
Marilyn Fausnaugh

August 18

Mildred Cline
James Meyer
Diane Sanyal
Dorothy Mumaw

August 20

Willis Davis
Penny Fick
Debi Hoffhines
James Shaw
Jean Shaw
Richard Speakman

August 21

Wanda Beggrow

Glenn Kuhn

August 22

Clarence Cardwell
Martha Curry
Daniel Namowicz
Jane Poulson
Robert Theado

August 23

Jane Davidson
Kathleen Hall
Skip Morrow
Evelyn Preston
William Robbins

Lauretha Spaulding

August 24

Dorothy Johnson
Sally Justice
Elsie See
Sally Stevens

July 25

James Riley
Karen Stockham

August 26

Jane Brown
Doris Conrad

August 27

Bernard Knapp

Wanda Luckhart

Rosie Tharp
Laverne York

August 28

Ginny Brown
Jerry Cook
Ula Metzler
Joyce Mounts
Rosie Tootle
Carol Wade

August 29

William Allman
Shirley Evans
Barbara Hart
Phil Leahy

August 30

Harold Dewees
Ginny Echard
Teresa Laux

August 31

Kenneth Graf
Theresa Kerns
Gloria Wilcox

BIRTHDAY PARTY
Word Scramble

UCEKSAPC
ECI EMRCA
GEMSA
AYBHRDTI
OWLCN
ESPNSTRE
BATREECLE
YRPAT
CIFTNOET
ISEON AREKM
OLOASBNL
SADNCLE
STSUGE



2		3		5	
4	5	6	3	1	2
3		4		6	1
1	6		2	3	
5		1	6		
6	3	2	1	4	5



June New Member

Lori Jeffries Vicky Lake
Donna Martin-Lee Charles Schlegler
Nancy Garrett

June \$10 Fund Donations

Linda Harden
Ricky Beth Hodges
Theresa Weller
Peggy Miller

Special Thanks

Exercise Class donated a Grand Total of \$289.00 to the Center during the month of June!!

Your donations are VITAL to daily Center operations! Donations received by May 1st are included in this newsletter. Submissions must be made 2 months prior to ensure publication for requested month. i.e.: July publications must be received by May 31st

MEMBERSHIP RENEWAL FORM — THANK YOU FOR RENEWING!

You are invited to renew your membership by **March 31, 2025!** This will ensure you continue to receive the monthly newsletter. **Dues are \$10.00** per year per person.

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



All new 18 private
rehab Suites

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LOGAN ELM
— HEALTH CARE —

THE RIGHT PLACE. THE RIGHT CHOICE.

**370 Tarlton Rd.
Circleville, OH**

740.474.3121



In Memory of
Dorothy Hood
Given by,
Robert Painter

In Memory of
Dorothy Hood
Given by,
Eric Browder

In Memory of
Dorothy Hood
Given by,
ROI Realty Services

In Memory of
Dorothy Hood
Given by,
Tamara Seymour



In the garden of memories,
we will hold you close,
Forever in our Hearts

*Sincere condolences to Family
& Friends of our dear
Members who passed in May*

John M. Barnhart
Burla Barr
Doris Gillespie
Robert Featheringham
Patricia Manson
Richard Jones
Earl Palm

*Please notify the center of a Members
passing. We will respectfully publish the
following month*

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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




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& CARE CENTER
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Heartland 

HOSPICE

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