



From the Desk of the Director

Greetings from the Center,

As I write this, the Center is gearing up for the Annual Fundraiser. We'll share news of the event in the June Newsletter! As I write this we have raised \$6,535, have 31 auction items in hand, with 25 additional items promised. We are excited!

This month, Commodities will be delivered Tuesday, May 21 and Produce will be delivered on Thursdays, May 9 and 23. The MidOhio Food Collective delivery trucks arrive at 8am.

The Center will offer *Know Us Before You Need Us* programing every other month, with the first month's program featuring representatives of Pickaway County's elected officials, including our court system, auditor's office, engineer, recorder's office, with information provided by other entities in the County. All ages are welcome at this event scheduled for **Monday, May 20, beginning at 1:30 pm!**

We're pleased to offer *Medicare's Four Benefits* Monday, May 13, *Footcare* Mondays, May 6 and 13 (be appointment), *Therapeutic Stretching* Tuesday, May 7, *Crafting* Wednesday, May 2, and *Ohio Senior Health Insurance Information Program* Wednesday, May 22 – see page 5 for details. These are in addition to our regularly scheduled programs.

Please visit page 4 of this Newsletter for information about *Events Around the County* and the new-to-us *Powered by Connection* program. See page 9 to learn about *SALT Council's* upcoming Luau and how to register. See page 6 for pictures and a little information about the Center's first CarFit program – it was fun and informative!

The Center will be closed in observance of Memorial Day, Monday, May 27.

Bonnie Lowry Vallette,
Executive Director

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

THURSDAY:
Chair Yoga 12:30pm

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

DATES OF NOTE:
Wednesday, May 1st 1pm
CRAFTING w/SONYA

Monday May 6th & 13th **by Appt.**
SOLE SOLUTIONS Footcare Clinic

Tuesday, May 7th 9am
THERAPEUTIC STRETCHING

Thursday, May 9th & 23rd 8am
PRODUCE DELIVERY

Monday, May 13th 12:30am
TALK MEDICARE-*Four Benefits*

Tuesday, May 21st 8am
COMMODITY DELIVERY

Wednesday, May 22nd 8:30am
OSHIIP

Monday, May 27th **CLOSED**
All Activities Cancelled

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.

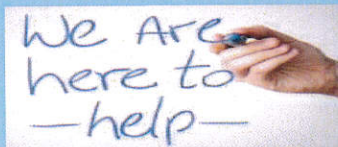


Pickaway Senior Center BOARD OF DIRECTORS:

- 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

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.**

6 TIPS FOR SUN SAFETY

As the summer months are approaching, Gardening, Festivals, Barbecues, Beach Trips & Pool Parties are great for connecting with family & friends. However, over exposure to the sun can lead to problems with dehydration & sunburn. Here are a few suggested steps to ensure a safe & enjoyable summer!



★ Plan Your Day Wisely

The sun is at its strongest between 10am-4pm. Plan your outdoor activities into the cooler morning & evening hours.

★ Dress For Protection

Choose a sunscreen that offers a minimum SPF of 30. Wear light-colored loose-fit Clothing. Protect your face & eyes: don't forget to wear a hat and sunglasses.

★ Drink Plenty Of Fluids

Try to drink 6-8 glasses of water per day and be sure to bring extra water bottles for your adventures. Incorporating water-rich foods like watermelon, strawberries, peaches and cucumbers into your diet can provide excellent hydration.



★ Check Your Medications

Some medications can cause increased sensitivity to the sun. It is recommended you carefully read over prescription labels & consult with your doctor if you have any questions & concerns.

WARNING: Knowing the signs of a heat stroke can save a life. Flushed face, high body temperature, headache, nausea, rapid pulse, dizziness and lack of sweating. Drinking water, placing ice packs on the back of the neck & removing from the sun are all important steps you should immediately take at the first sign of symptoms.



★ Keep Cool

As temperatures rise, you may be tempted to cut costs by reducing their use of the air conditioner. This can be dangerous. To ensure comfort and save on your energy bill, the US Department of Energy recommends setting your thermostat to 78F.

★ Stay Connected

Stay connected with family, friends & neighbors. It may be essential to inform loved ones of your daily routines and create a check-in system. Having an updated list of family contacts, doctors & caregivers will ensure crucial information is available in the event of an urgency.



Events Around The County

May 3rd-Roundtown Cruisers Car Cruise In

Free car cruise in hosted by Roundtown cruisers and Uptown Circleville Downtown in front of pumpkin show park 5-8 pm
50/50 Raffle prizes, Food trucks & Music !

May 4th & May 18th-Friends of the Library-Book Sale

1st and 3rd Saturdays beginning at 9am on May 4, 2024 at the Pickaway County Library-1160 N Court

May 10th-Celebrate Mom with an evening at Rhoadhouse 56 (Rhoads Garden Center)

Treat your mom to an unforgettable Mother's Day experience she won't soon forget! Join us for a special evening in the Garden Center, filled with: Live Music, Wine Tasting, Pasta Bar & a Signature Spring Cocktail.

May 17th--Runnin' Wild: Ted Lewis in the 1920's

Journey through the Jazz Age as the Ted Lewis Museum revisits the heyday of Circleville's own Ted Lewis and his Band! For the first time in over a century, hear over 20 of his most popular Columbia recordings "Tiger Rag," "When My Baby Smiles at Me," "St. Louis Blues," "Alexander's Ragtime Band" and much more recreated in this "living history" concert. With vintage instruments, period costumes and newly transcribed original arrangements, this musical revue is sure to transport you back a century. FREE ADMISSION at the Amphitheater at Pickaway Agriculture & Event Center. Rain Date Sunday, May 19, 2024 at 7 PM

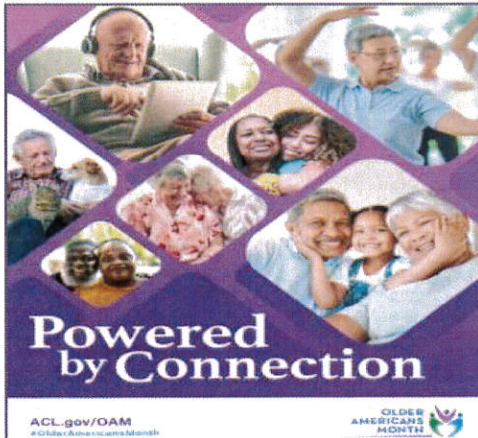
May 25th-Ashville Community Market

Come meet all of our LOCAL businesses, creatives, and farmers/homesteaders right here in Pickaway County! Enjoy over 40 vendors with crafts, baked & canned goods, fresh produce, +live music & food trucks ! Shop Local, Buy Local, Support Local! The Ashville Community Market will be open one Saturday per month from 9am-12pm.

May 29-June 1st-Deercreek Dam Days Festival

Nestled in the Village of Williamsport, the Deercreek Dam Days Festival is fun for the whole family. Music, food, games, and rides for all ages. Admission is FREE so come on down and get your summer started!

Hours: Wed & Thurs: 4 – 10 pm ; Fri: 4-11 pm ; Sat: 11 am – 11 pm




It's not just about having someone to chat with, It's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being." According to [community spokesperson], by recognizing and nurturing the role that connectedness plays, we can mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, "Powered by Connection," focuses on the profound impact that meaningful connections have on the well-being and health of older adults a relationship underscored by the U.S. Surgeon General's Advisory on the Healing Effects of Social Connection and Community

What can individuals do to connect?

- Invite more connection into your life by finding a new passion, joining a social club, taking a class, or trying new activities in your community.
- Stay engaged in your community by giving back through volunteering, working, teaching, or mentoring.
- Invest time with people to build new relationships and discover deeper connections with your family, friends, colleagues, or neighbors.



Heritage Health Care will provide a Blood Pressure and Glucose clinic on the 4th Tuesday of each month from 9:30am-10:30am

Upcoming Clinics
 May 28th
 June 24th
 July 22nd

PROMEDICA PRESENTS:



EACH THURSDAY AT 12:30PM

NEW in 2024

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: May 7th @ 9am



LEARN to play BRIDGE TUESDAYS AT 1PM




OSHIIP
Wednesday
May 22, 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



CRAFTING WITH
Sonya
of Pickaway Manor

WEDNESDAY-MAY 1ST @ 1PM
RSVP • 740.474.8831

Hospice Care Consultant- Heather Wood will be at the Center on Monday-May 13th @ 12:30pm to discuss MEDICARE'S 4 BENEFITS

Part A Hospital Coverage	Part B Medical Coverage
Part C Medical Advantage	Part D Prescription Drug Coverage

Heartland
 HOSPICE



The Senior Center will welcome county and regional representatives well versed in the following:

- Real Estate Fraud
- Homestead & Property Taxes
- Transfers on Death/ Survivorship deeds
- Life Estate
- Veteran Benefits
- Processes related to offices of the Engineer, Auditor, and Recorder.

Join us
 May 20th @ 1:30pm

SOLE SOLUTIONS
Nurse Delivered Footcare



BY APPOINTMENT ONLY
 May 6th 8:30am-3:00pm
 May 13th 15th 8:30am-3:00pm

Call the center
740.474.8831
 to schedule your appointment
\$35 FOR ½ HOUR APPOINTMENT



May 1

Shirley Lorick
Patricia Feather-
ingham
Lindsey Hill
Linda Downs

May 2

Mary Moss
Mary Fulks
LouAnn Smith

May 3

Ned Young

May 4

Mary Wooldridge
Joseph Cooley
John Hoffhines
David Gibson
Charles Maxwell

May 5

Sharon Brown
Judy Hatfield
Joyce Riddle
Jan Sladek
Barbara Ray

May 5

Tedd Davis
Kathy O'Bryan
Forrest Traylor
Dale Edwards

May 7

Wanda Evans
Michael Kempton
Linda Shaw
Anne Pack

May 8

William Snyder
Marjoria Norris
Lynn Walker
Judy Wilson

Harriet McClish
Douglas
Schoephoerster
Cathy Steinhauser

Carolyn Cornwell
Carol Carter
Annemarie Stewart

May 9

Van Tish
Marilyn Hansher
Joellen Jacobs
Jeffrey Peters

May 10

Waneta Norman
Tom Spring
Teresa Riffle
Sue Peters
Steve Riffle
Kathryn Ulman
Joe Cavinee
Jack Huffman
Gracille Kuhn

May 11

Judy Fenwick
Connie Damron
Allen Caldwell

May 12

Edward Vanfossen
Carol Fife
Anna Neal

May 13

Terrie McDaniels
Clark Redding

May 14

Shirley Norris

May 15

Elizabeth Fetherolf
Diana Reisinger

Carol Conley

May 16

Tim Hartinger
Lou Morehart
Leonard Sowers
David Betz

May 17

Wayne Atwood
Ruby Baylous
Mary Anne Willard
Lois PeckDorene

May 18

Leatherwood
Jackie Congrove
Ismael Perez
Esther Giffin
Ed Brady
Dorothy Davidson

May 19

Dave Horning
Cathy Matthews
Betty Garrett
Rose Persinger
Robert Pokrandt
Hazel Lumley
Ed Boyer

May 20

Virginia Sines
Vianna Borders
Linda Dunkle

May 21

Sulayne Streiten-
berger
Carolyn Young
Betty Kempton
Anna Hedges

May 22

Eileen Kester
Bertha McGuire

May 23

James Speakman
Glenn Park

May 24

Penny Savage
Linda Sawyer
Judy Heskett
Gary Shamblin
Dona Greene
Diane Smith
Deborah Schooley

May 25

Maureen Jackson

May 26

Thomas Manring
Serena Isaac
Gerri Carroll

May 27

Diane Rhymer

May 28

Helen Evans
Clifton Rippetoe

May 30

Rosemary Parsons
Joan Kennedy
Della Whitten
Carol Reichelderfer
Carol Hannah
Zelda Tompkins
Rose Kennedy
Naomi Adkins
Maxine Garrison
Jean Howley
Helen Van Buskirk
Esther Harris
Donna Murphy



On Friday, April 5, the Center hosted its first CarFit program! Contrary to popular belief the law enforcement officers (pictured here) were not here to cart away the director (in her car), but rather wanted to school her on all things CarFit. It was a fun experience for all involved



March New Members

Becky Donaldson	Carol Hannah
Tony George	Angie Finley
Barbara Hart	Jo McMillan
Wayne Mallott	Alice Mallott
Anita Dowden	Viv Newell
Ceaphus Patterson	Deborah Patterson
Donna Reed	Joyce Riddle

Special Thanks

Exercise Class donated a Grand Total of \$266 to the Center during the month of March!!

A HUGE Thank You for supporting our 2024 Annual Fundraiser. Finalized details will be included in the June Newsletter!

March \$10 Fund Donations

Jeane Crider	Mary Margaret Rhoads
Dee Conley	Shelvia Neff
Ann Collette Eisman	Diana Good
Sara Jackson	Kimberly Gaines
Donald & Laura Bethel	Janet Metzler
Bob & Pat Swain	Gary & Debbie Greene
Carolyn Cornwell	Mable Greer
Patricia Tait	Kenneth Hardesty
Larry Holcomb	Shirley Lake
Gracille Kuhn	LouAnn Smith
John & Dawn Neymeyer	Dee Mogan
Molly Morris	Rebecca Myers
Harry Hosler	Connie Young
Rodger & Patricia Southward	

Your donations are VITAL to daily Center operations! Donations received *by* March, 1st are included in this newsletter. Submissions must be made **2 months** prior to ensure publication for requested month. I.e.: June publications must be received by April 30th

Thank You for your generosity!!



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In Memory of
Jeffrey Hatfield
 On the day of his passing
 April 25, 2020
 Given by,
 Judy Hatfield



*In Loving
 Memory*

*Those we love
 Dont go away,
 They walk beside us
 every day.*

In Memory of
Joyce Owens Gibson
 On the day of her passing
 March 28, 2014
 Given by,
 Her Mama, Anna Harber

~~~~~  
 In Loving Memory of  
**George Williams**  
 Given by,  
 Elva Williams  
 ~~~~~

~~~~~  
 In Memory of  
**Fred & Mary DeLong**  
 Given by,  
 Carol Reichelderfer  
 ~~~~~

Sincere condolences to Family & Friends of our dear Members who passed in March
 Harry Styers-March 6, 2024 Dana Leach-March 18, 2024
 JoAnn Middaugh-March 21, 2024
 Please notify the center of a Members passing. We will respectfully publish the following month



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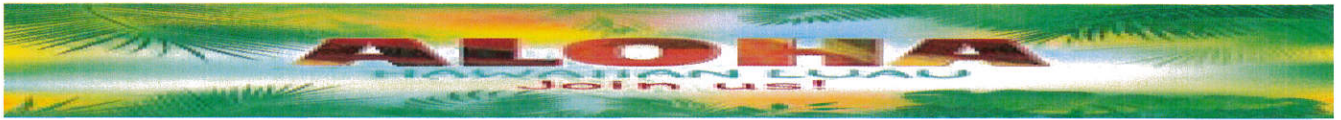
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Heartland 

HOSPICE

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740-420-0605



PLEASE JOIN THE S.A.L.T. COUNCIL FOR A MOTHER'S DAY HAWAIIAN LUAU AND A PRESENTATION ON POLYNESIAN /HAWAIIAN CUSTOMS & CULTURE FOR ASIAN AMERICAN AND PACIFIC ISLANDER HERITAGE MONTH BY

Senior Friend, Elisha Davis



WHERE: PICKAWAY COUNTY LIBRARY KOCH ROOM

WHEN: May 15,2024 AT 1:00-4:00 P.M.

LUAU FEAST MENU: Hawaiian Kalua Pork Roll Sliders, Hawaiian Garlic Shrimp/ Fried Rice, Hawaiian Meatballs, Lomi Lomi Salmon(cooked),Classic Macaroni Salad, Molokai Sweet Potatoes &Hawaiian Cheesecake Salad, Luau/Hawaiian Punch and Non-alcoholic Blue Hawaiians.

Fun Games (Luau Bingo, Pass the Coconut, Kumu Hula Says, Hula Hoop 'Til You Drop,) Luau Music & Prizes.

CALL 740-248-9585 TO REGISTER.SPACE IS LIMITED. **Deadline May 10th, 2024**

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RETURN SERVICE REQUESTED

Current Resident



<p>DON'T MISS OUT Check out upcoming events and activities at the Center!</p> <p>Director's Desk p1 Overview of Services p2 Special Topics p3 Monthly Activities p4 Travel & Community..... p5 Birthdays p6 Memberships & Donations p7 In Memory p8 Special Events p9 Menu Calendar p10 Activities Calendar p11 Statistics & Thank You's ... p12</p>	<p>MARCH STATISTICS</p> <p><u>Transportation</u> 38 people 276 transports 4,356 miles</p> <p><u>Adult Day Care</u> 08 people 483 miles</p> <p><u>Hot Meals Delivered</u> 7,779 meals 7,959 miles</p> <p><u>Meals Served In Person</u> 514 congregate meals</p> <p><u>Fresh Produce Disbursed</u> 5,086 pounds of produce</p> <p><u>Commodities Disbursed</u> 135 families served</p>	<p>We are available Monday thru Friday 9am-3pm if you need to stop by to drop off membership dues, memorials, donations, etc.</p> <p>You may also mail them to: Pickaway Senior Center, P.O. Box 565 Circleville, Ohio 43113</p>  <p>We would like to Thank all who have returned their surveys for the Home Delivered Meals. We have selected the winners and prizes have been delivered. We will offer another opportunity to win a prize in September when we send out the new survey.</p> <p>Thank You, Della Layton Nutritional Coordinator</p>
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