

**NOVEMBER
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:

THURSDAY, NOVEMBER 11
PRODUCE TRUCK 8:00 AM

TUESDAY, NOVEMBER 16
COMMODITIES

WEDNESDAY, NOVEMBER 17
BOARD MEETING

THURSDAY, NOVEMBER 18
DRIVE-THRU LUNCH 11:00 AM

THURSDAY, NOVEMBER 25
CENTER CLOSED

FRIDAY, NOVEMBER 26
CENTER CLOSED



From the Desk of the Director

Happy Thanksgiving! Wishing you all a safe and wonderful Thanksgiving holiday.

There is much to be grateful for this year! I know we are grateful to be open and seeing our seniors again.

Don't forget to turn your clocks back one hour – Daylight Savings Time ends on Sunday, Nov. 7.

Election Day is Tuesday, Nov. 2. Please vote YES for the Senior Services Renewal Levy! Your vote counts and will help to support our wonderful programs like meals on wheels, congregate lunch, transportation, adult day care, homemaker services, and our other supportive services.

We will not be having congregate lunch that day but we will be offering a carry-out lunch. Feel free to stop by and pick up lunch. This one is not a drive through – you can come in to pick it up! Please RSVP if you would like to stop in and get lunch that day!

Veteran's Day is Nov. 11. Thank you to all of our Veterans! We appreciate your service.

The next Grab and Go Drive-Thru Lunch will be ham and bean soup on Thurs., Nov. 18 from 11:15 to noon. Please call to RSVP your lunch at 740-474-8831 by Nov. 12. Suggested donation is \$3.

The center will be closed Thursday, Nov. 25 and Friday, Nov. 26 for Thanksgiving.

HEAP applications are available beginning Nov. 1, please call the center for more information.

Interested in the Commodity Food Program? Applications are available and can be taken over the phone by calling the center at 740-474-8831.

Come join us for an activity, or meal at your Senior Center!

Holly Cottrill, Executive Director

**Pickaway Senior Center
Board of Directors:**

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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
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Jackie Rish · Sheriff Matthew Hafey

Pickaway County

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 services 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



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.

OSHIIP Medicare Check-up

OSHIIP (Ohio Senior Health Insurance Information Program) will be at the Center on **November 4th.**

- Learn about recent changes to Medicare
- Get tips on how to enroll for 2022 coverage in a Medicare prescription drug plan (Part D) and/or a Medicare health plan
- See if you qualify to save an average of \$4,000 on your prescription drug costs

Counseling by Appt. only (limited spaces)
Call 740-474-8831 to schedule a spot.

NOVEMBER BIRTHDAYS-HAPPY BIRTHDAY!

NOVEMBER 1

AUDREY AZBELL
WANDA HEETER
RONALD SCHWALBAUCH
REBECCA STEELE
JUDY TAYLOR
NANCY RADCLIFF

NOVEMBER 2

DELORES BROWN
DAVID HOYLMAN
GARY ILES
SANDRA MANSON
SANDRA OLIVER
PATRICIA STROUS
WILLA SYKES

NOVEMBER 3

VIVIAN GARRETT
VICTORIA REED
JERRY STARKEY
BETTY WINNER

NOVEMBER 4

JANE DIEHL
LOIS PARMER

NOVEMBER 5

VICKIE FANSKA
WILLIAM GALLIVAN
DIANNE GOOD
BETTY NEAL
ROBERT WOLF

NOVEMBER 6

ROSE BARKER
BETTY GAINES
NETTIE JACKSON
CONNIE KELLY

NOVEMBER 7

REAH CRIST
RUTH HOOVER
BEV MARTIN
DENVER PETERS
ELLEN STARKEY
MARTHA WOLFE

NOVEMBER 8

PHYLLIS OWEN
MARVIN VALENTINE
JOYCE WHITE
JEAN YOUNG

NOVEMBER 9

NORTON BARNES
JOYCE BUTTS

NOVEMBER 10

SHIRLEY ARLEDGE
KENZIE ENDICOTT
PAULINE GARRETT
BARBARA LAVECK
PEGGY MILLER
GARY RUSSELL
STEVEN SCURLOCK
DON CRABTREE

NOVEMBER 11

EUGENE BOZMAN
ROGER CONNELL
ROBERTA HARRIS
JANET HARTLEY

NOVEMBER 12

E. JEAN ADDY
DEBBY BOYER
GARY BURGGRAF
LINDA WILLIS

NOVEMBER 13

PAULA EDWARDS
JUDITH GOODE
MARY HAIST
DONALD STRAWSER

NOVEMBER 14

MARVALENE BIRTCHER
JACKIE COPLEY
LUCY ANN GROVES
ARTHUR KESTER
MARY ANN MILLER
MOLLIE NUNGESTER
JOAN SAVAGE
JULIANNE TEMPLE
KAREN COCKRELL



NOVEMBER 15

MARY BAKER
CARROL HAMMOND
NANCY LOONEY
DONNA STILES
JAMES ZIMMERMAN

NOVEMBER 16

JACKIE PENCE
VICKIE SPUNG

NOVEMBER 17

MARILYN "JEANNIE" ADDY
VEDA THOMAS

NOVEMBER 18

CHARLENE GRAMBO
BRENDA KNOX

NOVEMBER 19

RALPH HOFFMAN
COOKE METZGER
PATTY VALENTINE

NOVEMBER 20

MARCIA HELWAGEN
KATHY MATTINGLY
CLARK MCFARLAND
DEBRA MCFARLAND
MARY QUINCEL
JIM WONDER

NOVEMBER 21

ALMA BALL
JANET CARDWELL
TACIE DUMM
SHARON GREINER
JANICE JONES
DONNA RAINES
RANDY STOFFER

NOVEMBER 23

BILL FLETCHER
WILLIAM FRIEND
RENA PUCKETT
LEATRICE SOWERS
DON WOLFORD

NOVEMBER 24

CAROL BLANEY
GLORIA BRICELAND

NOVEMBER 25

CONNIE ARCHER
PAM BOSTWICK

NOVEMBER 26

BRENDA CASSIDY
DON HALL
MARILYN KELLAM
CAROLYN REUTER
EVELYN TROUT

NOVEMBER 27

VIRGIL JOHNSON
EDWARD JOHNSTON
DONALD METZLER
SHARON NEIL
SHIRLEY OBERLEY
RODGER SOUTHWARD
MARLENE WELLS
SHARON WOOD

NOVEMBER 28

JUDY ALDERMAN
MARY COOK
JANE STRAWSER

NOVEMBER 29

MARY ARNOLD
DONNIE BETHEL
EDNA COE
DAVID MARTIN
FLOSSIE MAZE
ANDRA MCGILL
LUCILE RIGGS

NOVEMBER 30

BETTY CONLEY
JOE GOOD
SHIRLEY NORRIS
BEVERLY THATCHER
MARTHA WARD
DONNA YOUNG



SPECIAL THANKS TO THE FOLLOWING PEOPLE...

New Members

Wanda Beggrow

Anne Fox

Norma Eyerman



\$10 Fund Donations

Linda Harden

Jeane Crider

Charles & Susan Patrick

Ellery & Pamela
Elick

Naomi Adkins



Memorial/Honor of Donations

In Memory of

Ron Skaggs
For his Birthday 11/17

Given By Sister,

Susan Beckley

In Memory of

Arthur Cave
Nov. 19, 2014

Given By,

Lea-Ann Cave

In Memory of

Norma June Ankrom

Given By,

Bill Ankrom & Family

In Memory of

Harold "Ed" Riffel
for his Birthday

Given By,

Donna Riffel

Memorial/Honor of Donations

In Memory of

Ron Skaggs
For his 77th Birthday
Nov. 17th

Given By Wife,

Bonnie Skaggs

In Memory of

Cathy Trivette

Given By,

James & Diana Rhymer



Thanksgiving Trivia

1. Who was the first President to pardon a turkey?
2. Which President made Thanksgiving a permanent National Holiday?
3. In a Charlie Brown Thanksgiving, what does Charlie Brown serve to his friends for Thanksgiving dinner?
4. What movie made the Macy's Thanksgiving Day parade famous?
5. What is the name of the famous rock where the Pilgrims first landed?
6. How long was the Pilgrim's voyage from England to the New World?
7. How many days did the first Thanksgiving last?
8. What is the Second most popular Thanksgiving Pie?
9. What year did the first Macy's Day Parade take place?
10. Which President received a raccoon as a Thanksgiving gift?



Write your answers:

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____



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

Name, Address & Phone Number: _____

Deadline November 30. Congrats to September Raffle Winner: Ed H.

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 LUNCH

Ham & Bean Soup

Thursday, November 18

11:00 a.m.-12:15 p.m.

Suggested donation \$3

Please RSVP by November 12

Take out Lunch November 2nd

Hot Dog & Baked Beans

Suggested Donation \$3/ 11:30 am-Noon

Please RSVP by November 1, if you would like to come in and carry out a lunch


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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or **(800) 950-9952 x2525**

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 **November Trivia** on **page 6** and send us your answers. Deadline is **November 30**. Gift Card drawing will be held the first week of December. 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 December. Thank you.



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PICKAWAY SENIOR CENTER NOVEMBER 2021 NEWSLETTER

Tips to Strengthen your Emotional Wellness Reduce Your Stress

As we move into cooler weather, we start to think about many things. Perhaps the change of the seasons, the Pumpkin Show, family, friends and holidays. How are you feeling? Excited? Happy? Lonely? Content? Whatever emotions you are feeling are OK. Here are a couple of tips that may help you navigate the upcoming season and challenges you may experience. Remember, 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.

Reducing Your Stress. Everyone feels stressed at times. It can give you a rush of energy when it's needed most. But if you have chronic stress – stress lasting a long time – those “high alert” changes become harmful rather than helpful. You can boost your resilience by learning healthy ways of coping with stress. Ready for your tips? **Get enough sleep.** Sleep is restorative. It helps you refresh and recharge and cope with stressors. **Build a social network.** Visit the Senior Center and spend time with friends. Who can you reach out to this week? Make a call or visit someone today. If you can't meet in person, call or send them a text message. Expand your network of friends – **by one!** **Set priorities.** If you are overwhelmed by chores and tasks, make a “to do” list to help you set your priorities. Give yourself a break if you can't get it all done. Ask for help if you need it. Move the tasks to the next day or even next week! **Move more.** Regular movement or exercise is a great stress reliever. When I get out and take a walk – even if it is a short distance, I find that it that helps me refocus and reduce my stress level. Visit the Senior Center and participate in an exercise class. You will laugh, meet people, and get physical activity. Have fun with it! **Show compassion.** If you are feeling overwhelmed and stressed out, give yourself the compassionate break that you would anyone else. Don't be so hard on yourself. Realize that you have a lot to offer others and taking care to reduce your stress levels helps you be a good friend or family member. **Try relaxation methods.** Yoga, tai chi, deep breathing or mindful wellness activities can help reduce stress. **Ready to try a simple activity?** Look outside your window – or go outside and look around you. Pause and reflect on your surroundings. Perhaps you focus on the leaves falling from the tree. Take a few deep breaths. Pause and notice how the leaves flutter in the wind, how they fall to the ground. Look around you – pause and reflect on what you see and feel. Do you feel the breeze on your face? Do you hear the leaves rustling? Spending time outside can help you relax. A change of scenery – even for a few moments can refresh and recharge you. **Seek help.** If you find that you can't control your stress, talk to your health care provider. Reach out to a friend or family member. Help is available – even when life seems overwhelming. Here are some phone numbers that may be helpful: **Crisis Hotline: 1-800-273-8255; Crisis Text Line: 741-7414Hope; Friendship Line: 1-800-971-0016; Ohio Care Line: 1-800-720-9616;** Managing stress is an important part of your emotional wellness. Take one step today to reduce your stress level so that you are happier and healthier! Source: <https://www.nih.gov/sites/default/files/health-info/wellness-toolkits/emotional-wellness-checklist-2021-2.pdf> Michelle Treber– Family & Consumer Sciences Educator=OSU Extension-Pick Cty



**ALL THE CARE YOU EXPECT.
ALL THE COMFORTS OF HOME.**

Learn more about virtual health visits and how to schedule yours at OhioHealth.com/VirtualHealth.

 **OhioHealth**
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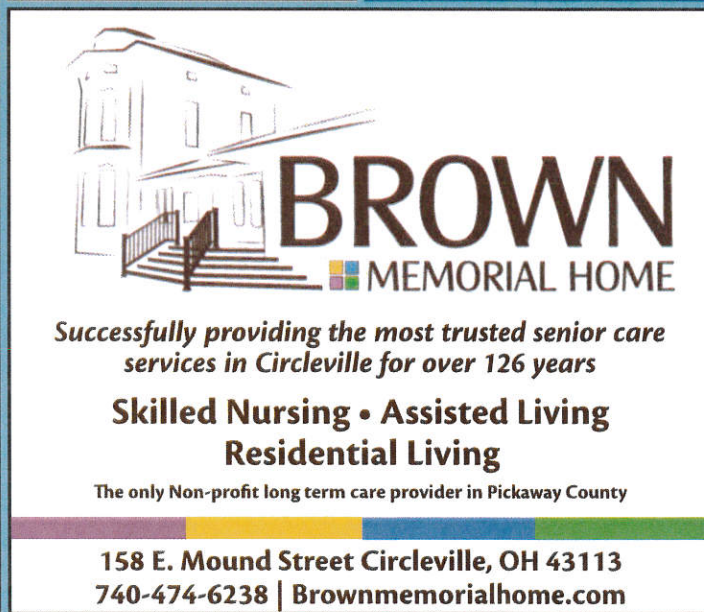
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RETURN SERVICE REQUESTED

Current Resident



S.A.L.T Council Meeting

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

Heading out of town for the Winter?

Please let the Center know of your change of address during this time and we'll send the Newsletters to you. If we have this winter address, it will save us from having to pay to get back the Newsletters from the Post Office because they could not deliver. Thank you.



**Out of
Town**