



# 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	12pm
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-September 9th & 16 by Appt.  
Sole Solutions Footcare Clinic

Wednesday-September 4th	9am
Badges & Bagels	

Wednesday-September 4th	1pm
Crafting w/ Sonya	

Monday-September 9th	9am
Exercise Carry-In	

Tuesday-Sept. 10th, 17th, 24th, 31st	
Tech Support	9am

Thursday-Sept. 12th & 26th	8am
Produce Delivery	

Tuesday-September 17th	8am
Commodity Delivery	

Wednesday-September 18th	8:30am
OSHIIP	

Thursday-September 19th	11:30am
FELLOWSHIP	

Tuesday-September 24th	10am
Heritage BP & Glucose Clinic	

## From the Desk of the Director

Greetings from the Center,

Can you believe it is September? Are you ready for the cooler weather of Fall?

This month's calendar is brimming with new programs! Stop by the Fairgrounds for *Know Us Before You Need Us* on September 3 (see p 4). *Badges & Bagels*, September 4, is a new group discussion with local Law Enforcement (p9). The Health Department will offer *flu immunizations* and Covid Boosters on Friday, September 27 (p9). Both Clogging and Line Dancing are offering beginner classes (p5).

We're excited to offer trips to The Wild's Sunset Safari and Dinner on September 26, Shipshewana for Christmas with Dionne Warwick December 6-7, Northern California & Yosemite next Summer, and Rome & Tuscany next fall (p3). Additional local "Mystery Tours" will be scheduled as well as trips to LaComedia and other regional experiences.

NEW: Tech Support: Andrew Hewetson, Guiding Ohio Online Technology Trainer, Pickaway County Library, will offer classes, one-on-one sessions, and group discussions, each Tuesday, 9-11:30am, at the Center. If you need to access your doctor or pharmacy through the internet, or set up email, Andrew can help! Library membership required (p12).

The Medicare Enrollment Period is fast approaching and in addition to our monthly support from Ohio Senior Insurance Information Program (p9) volunteer John Buch, an educational program will be held October 7 following lunch and one-on-one counseling on November 7.

Finally, the Parkinson's Support Group was canceled due to unforeseen circumstances. We apologize for this situation and hope to offer this support at some point in the future.

*Bonnie*

Bonnie Lowry Vallette,  
Executive Director



# 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 the Third Tuesday.



## 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

*We Are here to help—*

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**

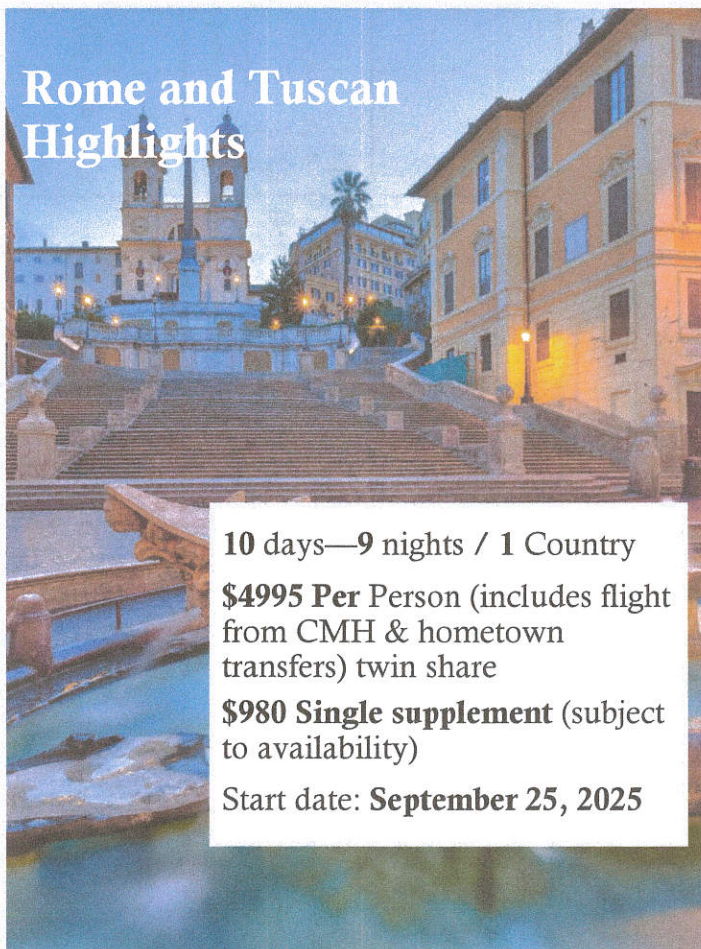
You may also mail them to:

2105 Chickasaw Drive  
PO Box 565  
Circleville OH 43113

[pickawayseniors.org](http://pickawayseniors.org)



## Rome and Tuscan Highlights



**10 days—9 nights / 1 Country**  
**\$4995 Per Person** (includes flight from CMH & hometown transfers) twin share  
**\$980 Single supplement** (subject to availability)  
 Start date: **September 25, 2025**

## Northern California with Yosemite National Park




**8 days—7 nights / 1 Country**  
**\$4455 Per Person** (includes flight from CMH & hometown transfers) twin share  
**\$992 Single supplement** (subject to availability)  
 Start date: **August 15, 2025**

Join your friends on a  
 Sunset Safari at The Wilds!  
**September 26, 2024**

Let's have fun and dress like we're really on a safari, and for the weather! Rain or shine it's going to be WILD!

**TOTAL COST—\$141 per person**  
 Based on a minimum of 40 people  
 Full payment due by  
**September 9th**










**Shipshewana**  
AT THE HEART OF AMISH COUNTRY, INDIANA

**Shipshewana (aka Hallmark Town)**  
**December 6-7, 2024**

**SHOP**

**SHOW**

**\$50 nonrefundable deposit due immediately**  
**Final Payment due October 21st**  
**\$350 Double \*\* \$330 Triple \*\* \$310 Quad**

The historic, two block, totally walkable area known as the Downtown District is just waiting to be discovered with it's plethora of delightful sights, sounds, unique boutique shops, and plenty of other savory sensory sensations. The Downtown Shopping District Discovery is leisurely, self-guided, self-paced encounter where guests have many options to choose from—each person uniquely choosing according to their own energy, interests, and pace.

Unwrap and discover delightful NEW treasures and fun.

**\*\*REMINDER: Ireland Trip Meeting: Wednesday-September 11, 2024 @ 2pm**



						8		6
4		5	6	9			1	
		9			2	4		
5					3		8	
		7	8		9	6		
	9		2					3
		4	7			1		
	6			4	1	7		8
7		3						

### Ice Cream Flavors

C A S A H O K E Y P O K E Y  
O T E T N U T A E E I C S T  
T B C C R T C O O C A N K A  
T U O H A A U E T A R S C Y  
O N O O E T W A A N U L A C  
N E K C T U O B T C I N R V  
C O I O N E O T E A T L T A  
A P E L E A R O T R Y R E N  
N O D A E C E R A C R O S I  
D L O T R E E S E S T Y O L  
Y I U E G G F U D G E W O L  
U T G S I A N A N A B E M A  
E A H T U N O C O C I A O N  
L N N N T D A O R Y K C O R

COCONUT  
STRAWBERRY  
VANILLA  
FUDGE  
ROCKY ROAD  
COOKIE DOUGH  
NEOCLITAN  
COTTON CANDY  
MOKEY MOKEY  
CHOCOLATE  
MOOSE TRACKS  
GREEN TEA  
TIGER TAIL  
PECAN  
REESES  
BANANA

Play this puzzle online at: <https://theonlinepuzzles.com/>

			7		6	
					4	
		4	5	6	7	8 1
3		2	7			
	1					8
	4	6		3		
7				8		
6		5	3			
	8			4	6	

### Popular Pizza Toppings

N E L E M T C E G A S U A S  
S E C G U T H S A L A M I C  
P I S G S N I S B G C E I C  
E M T P H H C L A G N I I P  
A S I L R C K O C T Z L S E  
N E E A O A E A O E A N M P  
U B H N O N N T N N O K I P  
T U E T M I U E T I A L N E  
S P A E S P P R N H T O I R  
D B A A F S O O G U T B H O  
O D A C O V A N A S O S C N  
P R O S C U I T T O C T C I  
A A A H L L C C U R I E U S  
C H O R I Z O O N A R R Z L

ONIONS  
AVOCADO  
PUSHROOMS  
SALAMI  
SAUSAGE  
PEPPERONI  
CILANTRO  
RICOTTA  
BACON  
SPINACH  
ZUCCHINI  
PEANUTS  
PROSCUITTO  
BEER  
SOOP LANT  
LOBSTER  
CHORIZO  
CHICKEN

Play this puzzle online at: <https://theonlinepuzzles.com/>

## 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 –September 24th

NEW \* NEW \* NEW



Beginners-Line Dancing  
 Every Thursday in Sept. @ 2pm

### PICKAWAY COUNTY COMMUNITY MARKETS

Ashville  
 September 21, October 19  
 Circleville  
 Sept. 14  
 Commercial Point  
 Sept. 7  
 South Bloomfield  
 Sept. 14

MORE INFO AT  
[PICKAWAY.COM](http://PICKAWAY.COM)



CRAFTING  
 WITH

*Sonya*  
 of Pickaway Manor

WEDNESDAY-SEPT. 4TH  
 @ 1PM  
 RSVP • 740.474.8831



**OSHIP**  
**Wednesday**  
**Sept. 18, 2024**

#### Review and compare:

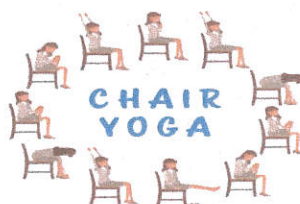
2024 Part D Plans

- Medicare Advantage
- Learn ways to save on Rx & Medicare costs

**STOP ON IN**  
**NO APPT. NECESSARY**

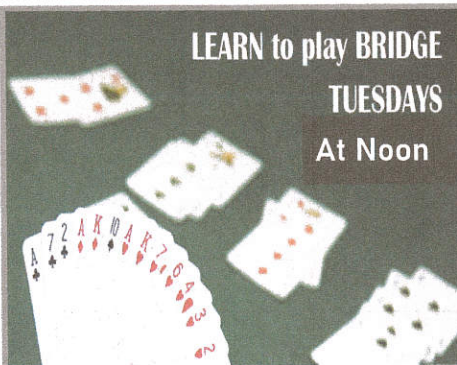
740.474.8831

#### PROMEDICA PRESENTS:



EACH THURSDAY AT 12:30PM

LEARN to play BRIDGE  
 TUESDAYS  
 At Noon



#### NEW CLOGGING LESSONS (6 week program)

Every Tuesday @ 1pm  
 Beginning September 10, 2024

Cloggers  
 get a  
**K I C K**  
 out of  
 life!

\$2.00 per week  
 Call the center to register  
 740-474-8831

#### MAPPING OUR WAY HOME A Creative Writing Experience

Come, explore, share the stories of your life with a group of seniors, in a supportive environment. Let this inspire the expression of your words, wisdom, art, and journey! This group meets for six weekly sessions on **Thursdays, 10am - 12pm**, at the Circleville Library, beginning on September 19. Sign up now with the Library.



#### 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  
 Please call to register : 1-800-272-3900

#### SOLE SOLUTIONS Nurse Delivered Footcare

September 9th 8:30am-3:00pm  
 September 16th 8:30am-3:00pm

Call the center

**740.474.8831**

to schedule your appointment

**\$35 FOR ½ HOUR**

**APPOINTMENT**



**September 1**

Geneva Bussa  
John Cavinee  
Elizabeth Jones  
Julia Smith  
Lynda Stough

**September 2**

Judy Perkins  
Margaret Remy  
Ronald Swoyer

**September 3**

Janice Atwood  
Robert Brown  
Cindy Bucher  
Betty Carstens  
Wayne Carter  
Sharon Hayes  
Peggy Krc

Paula Richmond  
Ginger Stant

**September 4**

Barb Smallwood  
Kimberly Walter

**September 5**

Gerald Bettinger  
Elsie Cramblit  
Sheryl Lowe  
Judy Palm  
Betty Wolford

**September 7**

Jim Finch  
Sandra Hedrick  
Dorothy Jones

Patty Longberry

**September 8**

Deanne Amos  
Patricia Flinner  
Norma Fosnaugh  
Virginia Gifford

Rhea Harber

Bill Sark

Roy Sark

**September 9**

Sally Lemaster  
Janet McWhorter

**September 10**

Gina Drake  
Ruthanne  
Edgington

Sondra Ferrell  
Judy Morrison  
Lynn Tracy

**September 11**

Dennis Keller  
Harold Leonard  
Linda Schlegler  
Carolyn Shaw

**September 12**

Pam Dean  
Alberta Rutt  
Tomm Wallace

**September 13**

Della Eckart  
Amy Fry  
Linda Graves  
Joyce Haddox

**September 14**

Jeane Crider  
James Daft  
Norma Dumm  
Martin Frey  
Matt McGowan  
Ilene McNichols  
Rebecca Myers  
Becky Neff

**September 15**

Dorothy Knipp  
Anna Lawless  
Diane Lester

**September 16**

Dorothy Cormany  
Jessi Degroot  
Richard Martin  
Raylene Shapiro

**September 17**

Eddy Arbogast  
Charlene Basham  
Don Lowry

Joe Schneider

Barbara Wing

**September 18**

Robert  
Foreman  
Brenda Gibson  
Darlene Jackson  
Ruth Michael  
Harold  
Thompson

**September 19**

Susan  
Campbell  
Willard Estep  
Marge Sealock

**September 21**

Grace Elliott  
Dianne Hartley  
Carolyn Pyle  
William  
Robinson

**September 22**

Helen George  
Steven  
Schoedinger  
Melba Sexson

**September 23**

Beverly  
Currence  
Tillie Neff  
Annie Orin

**September 24**

Linda Barbee  
Sandra Burns  
Paul Vance

**September 25**

Patricia  
Drummond  
Mary Janes  
Louise Mettler  
Viv Newell  
Shirley Walters  
Melissa Weese

**September 26**

Charles Braun  
Sally Majors  
Steve Tobin  
Debra  
Valentine

**September 27**

Marta Bowen  
Diana Brady  
Toni Peele  
Becky Poling

Shirley Reeser

**September 28**

Lainey Ebright  
Ronald Hawkes  
Nanisa Osborn  
Debbie Staggs

**September 29**

Steve Billups  
Douglas Blair  
Linda Gregory  
Anna Harber  
Elliott Hawkes

Bonnie Kern  
John Kyle

Judy Meenach

Betty Myers

Richard  
Patmore

Becky Roush

**September 30**

Dorcas Morrow





**July \$10 Fund Donations**

Linda Harden  
John Edgar  
Bonnie Hildenbrand  
Jeannie Crider  
James & Naomi  
Adkins

**July New Member**

Mary Cox  
Goldie Hardin  
Sandra Edgar  
James Perry

Lana Hatfield  
John Edgar  
Linda Theado  
Carrie Hoover

**Special Thanks**  
Exercise Class donated a Grand Total  
of \$255.00 to the Center during the  
month of July!!

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.: Nov. publications must be received by Sept. 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

*You have a choice*

**LOGAN ELM**  
— HEALTH CARE —

THE RIGHT PLACE. THE RIGHT CHOICE.

**370 Tarlton Rd.  
Circleville, OH**

**740.474.3121**





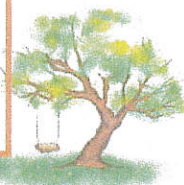
Sincere condolences to  
Family & Friends of our dear  
Members who passed in July

Joseph Dean  
Cameron "Sue" Boggs

Please notify the center of a Members passing.

In Memory of  
Alberta Louise Walker  
Given by,  
Line Dancers

In Memory of  
Richard Fenwick  
On his passing  
August 4, 2021  
Given by his wife,  
Judy E. Fenwick



### 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:

Name: \_\_\_\_\_

Occasion: ☐ Birthday ☐ Anniversary ☐ Other \_\_\_\_\_

Given by: \_\_\_\_\_

Please make checks payable to the Pickaway Senior Center. Mail gift to:

Pickaway Senior Center, 2105 Chickasaw Dr., Circleville, Ohio 43113

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homehelpershomecare.com/lancaster

Each office is independently owned & operated



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**CONTACT ME Dan Goben**

[dgoben@lpicommunities.com](mailto:dgoben@lpicommunities.com) • (800) 950-9952 x2633

**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](mailto: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




**LUXE**  
REHABILITATION  
& CARE CENTER

(Formerly Crestview Rehabilitation)

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◆ **MEMORY CARE**

Admissions 24/7 Including Evenings, Weekends & Holidays

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[admissions@luxerehabcenter.com](mailto:admissions@luxerehabcenter.com)  
[www.luxerehabcenter.com](http://www.luxerehabcenter.com)  
**957 BECKS KNOB RD., LANCASTER, OH 43130**

**Heartland** 

HOSPICE

116 Morris Rd., Suite B • Circleville, OH 43113  
**740-420-0605**



**PICKAWAY COUNTY PUBLIC HEALTH**  
We Care.

**2024 Flu Clinic @ Pickaway Senior Center**

**Friday, Sept. 27 10am-2pm**

(high dose flu vaccine for those qualified)  
\*Insurance accepted\*  
No insurance out of pocket cost \$21  
Call 740-474-9667 or visit [www.pchd.org](http://www.pchd.org)

**FOOD pantry**

**Our Mission:**  
To provide Pickaway County residents in need with food assistance.

The Food Pantry is located at 722 Clinton St. (behind PICCA).  
Our hours of operation are M/T/W/F 1pm to 3:45pm and Thursdays 1pm-6pm. Customers may receive food once a month. Please bring a picture ID & proof of Pickaway County residency. Send mail to P.O. Box 1011, Circleville, Ohio 43113.

**Mark Your Calendar** Dates to Remember

The 2025 Medicare Open Enrollment period is Oct. 15th-Dec. 7th. During this time, you may make changes, join a plan, switch between plans or update parts of your coverage. Changes made during open enrollment become effective Jan. 1st the following year. OSHIP Community Liaison, Susan Saunders will host a presentation **October 7th @ 12:15pm.**

You may also schedule One-On-One Counseling **November 6th from 9am-3pm**

**Ohio Department of Insurance**  
Senior Health Insurance Information Program

**BADGES & BAGELS**

**Wednesday, Sept. 4th @ 9am**

Join us for refreshements and a great conversation with Law Enforcement.  
**Topic: Roundabouts**

**Pickaway County Library**  
**PICKAWAY SENIOR CENTER**

**FELLOWSHIP**

**Thursday-September 19th @ 11:30am**

The idea is to start with a Mini-Fellowship offering 60 reservations. Reservation size will increase as each month goes by.

**MENU:**  
Chicken Drummies, Baby Bakers, Glazed Carrots, Wedge Salad & Dessert followed with Entertainment!

**Reservations are required. Please call to RSVP before spots fill up!**  
**740-474-8831**

**Hear What You've Been Missing!**

Trusted Care for 78 Years - Specializing in Hearing Aids and Hearing Tests

- Doctors of Audiology
- Hear clearly in noisy surroundings
- Be part of the conversation again
- No-risk guarantee

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**Call 740.571.4842**

**Luebke Hearing Services**

**HearOhio.com**

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**391 Clark Drive | (740) 474-6036**  
[www.optalishealthcare.com](http://www.optalishealthcare.com)

**PICKAWAY MANOR**  
AN OPTALIS HEALTH & REHABILITATION CENTER

**Pickaway County's Premier Senior Living Campus**

**The Wyngate at Circleville**

- Independent Living Apartments
- Assisted Living

**Winnie says "Give us a call or stop by!"**

**745 Northridge Road • (740) 474-1411**  
[www.wyngatecircleville.com](http://www.wyngatecircleville.com)

**740.474.6238**  
**158 East Mound St Circleville**

**BROWN MEMORIAL HOME**

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

**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



## DON'T MISS OUT

Check out upcoming  
events and activities  
at the Center!

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 Announcements ...	p9
Menu Calendar .....	p10
Activities Calendar .....	p11
Statistics & Thank You's ...	p12

## JULY STATISTICS

### Transportation

35 people  
231 transports  
3,622 miles

### Adult Day Care

7 people  
86 transports  
506 miles

### Hot Meals Delivered

7,834 meals  
8,442 miles

### Meals Served In Person

481 congregate meals

### Fresh Produce Disbursed

4,305 pounds of produce

### Commodities Disbursed

135 families served

## TECH SUPPORT AT THE CENTER



### Guiding Ohio Online

**Tuesdays-Beginning Sept. 10th**  
**9am—11:30am**

Andrew Hewetson, the Guiding Ohio Online Technology Trainer, Pickaway County Library, will be at the Center to offer classes, one-on-one sessions, and group discussions, each Tuesday, 9-11:30am. Guiding Ohio Online exists to fund technology trainers to serve members of the Library. With more organizations *requiring* users to access them through the internet, it's necessary folks have a basic understanding of computers and online systems – including email