

## REGULARLY SCHEDULED:

**DAILY: Congregate Lunch 11:30 am**  
**Please RSVP 24 hours prior —**  
**thank you**

### MONDAY:

Exercise Class 9:00 am  
Euchre & Games Tables 1:00 pm

### TUESDAY:

Clogging Group 3:00 pm

### WEDNESDAY:

Exercise Class 9:00 am

### THURSDAY:

Chair Yoga 12:30 pm

### FRIDAY:

Exercise Class 9:00 am  
Bingo 10:00 am  
Bible Study 10:15 am  
Euchre Tables 11:30 am  
Line Dancing 1:00 pm

## DATES OF NOTE:

**MONDAY, September 4 ALL DAY**  
**LABOR DAY — BUILDING CLOSED**

Tuesday, September 5 9:30am  
Learning Bridge with Al

Wednesday, September 6 1pm  
Crafting w/Sonya

Monday, Sept 11 by Appointment  
Soul Solutions: footcare clinic

Thursday, September 14 8am  
PRODUCE DELIVERY

Tuesday, September 19 8am  
COMMODITIES DELIVERY

**Wednesday, September 20**  
♥ Cardio Drumming 2-4pm

**Wednesday, September 27 11:30am**  
Ohio Senior Insurance Info 9am

♥ August Birthday Celebration

Thursday, September 28 8am  
PRODUCE DELIVERY

## PICKAWAY SENIOR CENTER

2105 Chickasaw Drive

Circleville OH 43113

740-474-8831

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

P S C  
Pickaway Senior Center

## *From the Desk of the Director*

Greetings from the Center!

Summer is still in full swing yet the Center is preparing for Autumn. Time seems to be passing so very swiftly — its almost Labor Day! We will be **closed on Monday, September 4 in Observance of Labor Day.**

Your Membership President, Al Canarsky, who serves on the Board, is offering to each us how to **play Bridge**. See p 8 for more info.

Remember, the last day to sign up for the November 13-18 Myrtle Beach Holiday Show Trip is Friday, September 8. **See page 3 for details.**

**Speaking of trips**, we will have information about two flying trips, and are preparing to choose Motorcoach and local bus trip locations, soon. Where would you like to visit? Do day trips like Ohio Glass Museum in Lancaster hold interest? Wright Patterson Air Force Museum? Would you like to see more shows at La Comedia or another theater? How about short overnight trips to nearby attractions like architectural wonder Columbus, Indiana? Kelleys Island, Ohio?

**Produce** will be delivered Thursdays, September 14 and 28; **Commodity** boxes will be delivered Tuesday, September 19.

Please note, John Buch, our Ohio Senior Health Insurance Information Program (**OSHIIP**) representative, will be in Wednesday, September 27, 9am and the **September Lunch Celebration is the same day**, at 11:30am. Those celebrating September Birthdays eat free that day! **Please RSVP for lunch by Friday, September 22 so we can have enough food and cake for everyone.**

On **Saturday, September 23, 10am-2pm**, Pickaway County Veterans Services will host a **Veterans Benefit Fair**. Stop by and see us!

Everyone stay safe and healthy! See you at YOUR Senior Center!

Bonnie

Bonnie Lowry Vallette,  
Executive Director



**Pickaway Senior Center  
BOARD OF DIRECTORS:**

Sally Galecki	President
Tonya Thompson	Vice President
Lisa Robbins	Treasurer
Al Canarsky	Secretary & Membership President
Bonnie Vallette	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 CONGREGATE  
LUNCH DONATION IS \$4**

**PLEASE RSVP THE DAY PRIOR**

**PICKAWAY  
SENIOR CENTER**

2105 Chickasaw Drive  
PO Box 565  
Circleville OH 43113

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

<b>Office</b>	<b>740-474-8831</b>
<b>Toll Free</b>	<b>888-397-7246</b>
<b>Nutrition</b>	<b>740-474-8617</b>
<b>Fax</b>	<b>740-477-8114</b>

**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, as administered by Ohio Department of Aging
- Senior Levy monies, as approved by Pickaway voters
- Private donations and fundraisers







**September 1**

Patricia Jean  
Lynda Stough

**September 2**

Margaret Remy  
Ronald Swoyer

**September 3**

Janice Atwood  
Robert Brown  
Peggy Krc  
Paula Richmond

**September 4**

Barb Smallwood

**September 5**

Gerald Bettinger  
Tara Vanover  
Betty Wolford

**September 6**

Harold Hewitt

**September 7**

Sandra Hedrick  
Dorothy Jones  
Blaine Keckley

**September 8**

Deanne Amos  
Patricia Flinger  
Norma Fosnaugh  
Rhea Harber  
Bill Sark

**September 9**

Sally Lemaster

**September 10**

Gina Drake  
Sondra Ferrell  
Judy Morrison  
James Schneider

**September 11**

Carolyn Shaw

**September 12**

Alberta Rutt  
Tomm Wallace

**September 13**

Della Eckart  
Joyce Haddox

**September 14**

Jeane Crider  
Martin Frey  
Barbara Miller  
Rebecca Myers  
Becky Neff

**September 15**

Steve Garrett  
Dorothy Knipp  
Anna Lawless  
Diane Lester

**September 16**

Dorothy Cormany

**September 17**

Barbara Wing  
Pamela Wolfe

**September 18**

Darlene Jackson

**September 21**

Dianne Hartley  
William Robinson

**September 22**

Helen George  
Steven Schoedinger

**September 23**

Beverly Currence  
Tillie Neff  
Annie Orin  
Susie Williamson

**September 24**

Sandra Burns  
Paul Vance

**September 25**

Patricia Drummond  
Mary Janes

**September 27**

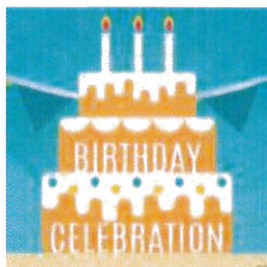
Diana Brady  
Becky Poling

**September 28**

Sue Tipton

**September 29**

Steve Billups  
Douglas Blair  
Robert  
Featheringham  
Anna Harber  
Elliott Hawkes  
John Kyle  
Judy Meenach  
Betty Myers  
Becky Roush



Join us on  
**WEDNESDAY  
SEPTEMBER  
27<sup>TH</sup>**

**when those  
celebrating  
September  
Birthdays eat  
free!**

*Please*

**RSVP by FRIDAY,  
SEPTEMBER 22<sup>ND</sup>**



MYRTLE BEACH

*Holiday Shows*

**Monday–Saturday • November 13-18**

- Motorcoach w/overnight stay enroute
- 3 nights in Myrtle with evening shows:

⇒ *Legends in Concert, Carolina Opry*

⇒ *Le Grand Cirque Christmas*

⇒ *The Man of a Thousand Voices*

- Beach, Boardwalk, and History Farm
- \$740 per person double occupancy
- \$939 single occupancy

**FINAL CALL!! Friday, September 8**



**ROSS COUNTY SENIOR CENTER**

*invites you to tour*

**Niagara Falls & Toronto**

**September 9-13, 2024**

Motorcoach transportation

4 nights, 4 breakfasts, 4 dinners

Guided tours: Niagara Falls, Toronto,  
Hornblower Niagara Cruise

Visit Niagara-on-the-Lake, Cara Loma  
Castel, Queen Victoria Park

Gaming at Fallsview Casino

\$795 per person, double occupancy

\$945 single occupancy

**CONTACT ROSS SENIOR CENTER**

**Melissa Detty**

**740.773.3544**





### New Members

Deanne & Monte Amos  
 Jeff & Shirley Anderson  
 Pam Crabtree  
 Ann Eisman  
 Stella Garezek  
 Mona Greenlee  
 Tim Hughes  
 Linda Martin  
 Linda McElhone  
 Sherri Peloquin  
 Jane Shaw  
 Janet & Larry Stuller  
 Pat Tait



### \$10 Fund Donations

Judy Beard  
 Karen Knisley  
 Susan & Charles Patrick  
 Jeane Crider  
 Anna B Harber  
 Fun Dance Donation  
 Linda Harden

### Memorial/Honor of Donations

In Memory of  
 Carolyn  
 Wright Valentine

Given by,  
 Bob, Cindy, Joyce, Kathy

In Memory of  
 Joyce Gibson  
*on the anniversary of her passing*  
 September 24, 2013

Given by,  
 Mama—Anna Harber

In Memory of  
 Rev David Clarke  
*in appreciation of Meals on Wheels*

Given by,  
 Anthony & Brenda Dunfee

In Memory of  
 Mary Ann Borror  
 Given by,  
 The Bureau of Network  
 Management Team  
 makes this donation in memory of  
 Mary Ann, mother of Jenny  
 Hemphill, to support the work of  
 the Center, continuing to  
 enrich the lives of seniors.

"I remember my  
 mother's prayers  
 and they have always  
 followed me.  
 They have clung to  
 me all my life."

Abraham Lincoln

### In Memory or in Honor of...

*Recognition Gifts are appreciated — they allow other Pickaway Seniors to be supported.*

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



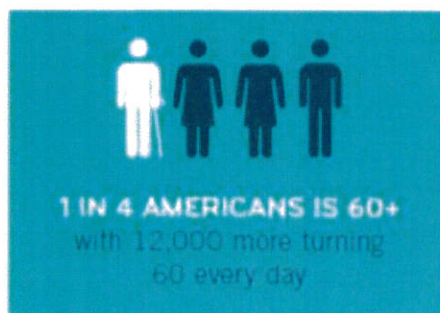
## THE ESCALATING ISSUE OF SENIOR HUNGER

2023 NATIONAL SNAPSHOT



The Meals on Wheels network is comprised of 5,000 community-based programs across the country dedicated to addressing senior hunger and isolation. The need is great, but Together, We Can Deliver.™

### OUR NATION'S SENIOR POPULATION IS GROWING AND CHANGING RAPIDLY.

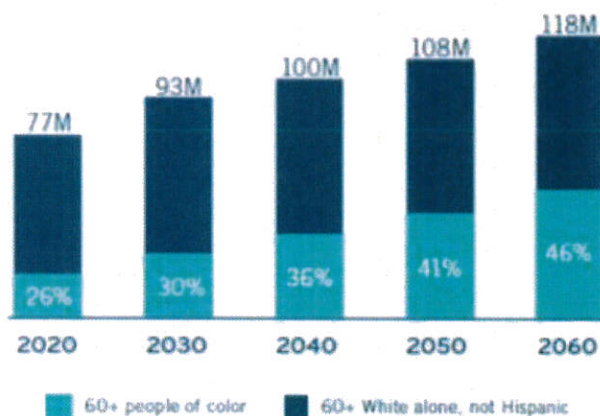


#### AMONG AMERICANS 60 AND OLDER:

- 13% ARE VETERANS
- 29% HAVE A DISABILITY
- 39% LIVE ALONE

THIS POPULATION IS SET  
TO **REACH 93M** IN THE NEXT  
DECADE, with **118M EXPECTED BY  
2060** – increasing the number of  
seniors today by more than half.

**OLDER AMERICANS OF COLOR**  
WILL CONTINUE TO MAKE UP AN  
INCREASINGLY LARGER PORTION OF  
THIS POPULATION.



### OLDER AMERICANS ARE LIVING LONGER WITH LESS MONEY.



Seniors on fixed incomes are especially vulnerable to increases in inflation and cost of living.  
**THE U.S. IS CURRENTLY EXPERIENCING THE HIGHEST INFLATION IN 40 YEARS.**



**1 IN 2 SENIORS LIVING ALONE**  
lacks the income to pay for basic needs

Information data sources available at [www.mealsonwheelsamerica.org/facts](http://www.mealsonwheelsamerica.org/facts). © March 2023 Meals on Wheels America



SENIORS ARE AT GREATER RISK OF HUNGER AND MALNUTRITION.



OLDER ADULTS ARE ALREADY AT  
HIGHER RISK OF MALNUTRITION  
due to decreased appetite, mobility issues,  
prescription medications and more.

FOOD INSECURITY  
DISPROPORTIONATELY AFFECTS  
OLDER ADULTS OF COLOR:

- 17% OF BLACK SENIORS
- 14% OF HISPANIC SENIORS
- 10% OF SENIORS WHO IDENTIFIED  
AS ASIAN AMERICA, PACIFIC  
ISLANDER, NATIVE AMERICAN  
OR MULTI-RACIAL
- 6% OF NON-HISPANIC SENIORS
- 6% OF WHITE SENIORS

THE MEALS ON WHEELS SOLUTION STARTS WITH THE MEAL...



AND DELIVERS ON SO MUCH MORE.

OF HOME DELIVERED MEAL PARTICIPANTS:



FUND AND SUPPORT MEALS ON WHEELS TODAY.



Information data sources available at [www.mealsonwheelsamerica.org/facts](http://www.mealsonwheelsamerica.org/facts). © March 2023 Meals on Wheels America





## CardioDrumming

WEDNESDAY, SEPTEMBER 20

2:00—4:00 pm

Join the Activities Team from Meadows of Scioto, Rehab/Skilled Nursing, for a yoga ball drum circle to build upper body and heart resilience.

*Offered — at no cost — 3rd Wednesdays each month by:*



## SOLE SOLUTIONS

*Nurse Delivered Footcare*



Monday, September 11  
BY APPOINTMENT ONLY

Call the center 740.474.8831  
and set you're appointment

**\$35 FOR ½ HOUR**



CRAFTING WITH  
*Sonya*  
of Pickaway Manor

WEDNESDAY

SEPTEMBER 6 • 1PM

RSVP • 740.474.8831

EACH THURSDAY AT 12:30 PM



Join Wendi & Capi each Thursday  
for this gentle, peaceful, core  
strengthening, stretch.



# LOGAN ELM

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Circleville, OH**

**740.474.3121**



## All new 18 private rehab Suites

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*Pickaway County Veterans Services*

**BENEFIT FAIR**

**SEPTEMBER 23, 2023**

**10AM-2PM**

AMVETS Post 2256 818 Tarlton Rd Circleville

*Come grab a free burger or dog  
and learn about veteran benefits!*

Chillicothe VAMC, Vet Center, PICCA, Job and Family, Senior Center, Humana, Milvets, Honor Flight Columbus, Central Ohio Area Agency on Aging and other agencies will be present to answer any questions about benefits and programs offered to veterans in our community.

**QUESTIONS: CALL THE  
OFFICE 740-474-3650**



Join Al Canarsky to learn to play  
bridge beginning  
Tuesday, September 5, at 9:30am.  
Call the office for more information!

**OHIO SENIOR INSURANCE  
INFORMATION PROGRAM**

**Wednesday, September 27**

**9-11am**

**OPEN ENROLLMENT BEGINS 10/15/23**



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email: pmha@pickawaymha.com

TTY/TDD Customers:

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

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**Kim Shook**

Community Relations Director

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SKILLED NURSING SERVICES**

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Lancaster, Ohio 43130

**740-653-9461**

Fax 740-654-9645

Cell 740-243-8285



# S.A.L.T COUNCIL COCA COLA COOLER RAFFLE

When: August 1-November 15,2023

Where: Drawing will be November 15 1 p.m. at S.A.L.T. Council

Meeting Pickaway County Library, Koch Room

You Do Not Need To Be Present To Win

Coca Cola Cooler Raffle will be on display at Senior Center in September

Why? Help to support the Pickaway County S.A.L.T. Council

Projects: AARP driving class, Safe Bank Project, Ohio

Triad Conferences, Sheriff's Office Project Life Saver

Program and Dementia Friends Initiative

What do you win?

- Personal Coca Cola Cooler (Bear Logo)
- Two Cookbooks: Enjoy Your Favorite Recipes with the Great Taste of Coca-Cola and Cooking with Coke
- New York Time Crossword (150) & Christmas Season Word Search Large-Print
- Coca Cola Playing Cards
- Coca-Cola Checkers Game where the checkers are bottle-caps!
- Retro red and green Coca-Cola magnet.
- A vintage style Coca Cola board game.
- Tic Tac Coca-Cola 3.4 oz. Fresh Breath Mints
- \$20.00 Sonic gift card
- A Collectible Coca Cola can that celebrates the Ohio State Buckeyes 2014 National Champions

And More...

TICKETS **\$5.00 EACH** (SEE GAIL HOWARD AT THE SENIOR CENTER'S EXERCISE CLASS ON MONDAY, WEDNESDAY, FRIDAY, OR MISSI RHODES, S.A.L.T. ,TREASURER AT WESBANCO OR CALL 419-460-1452 TO GET TICKETS.

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**740.474.6238**  
 158 East Mound St  
 Circleville



# BROWN

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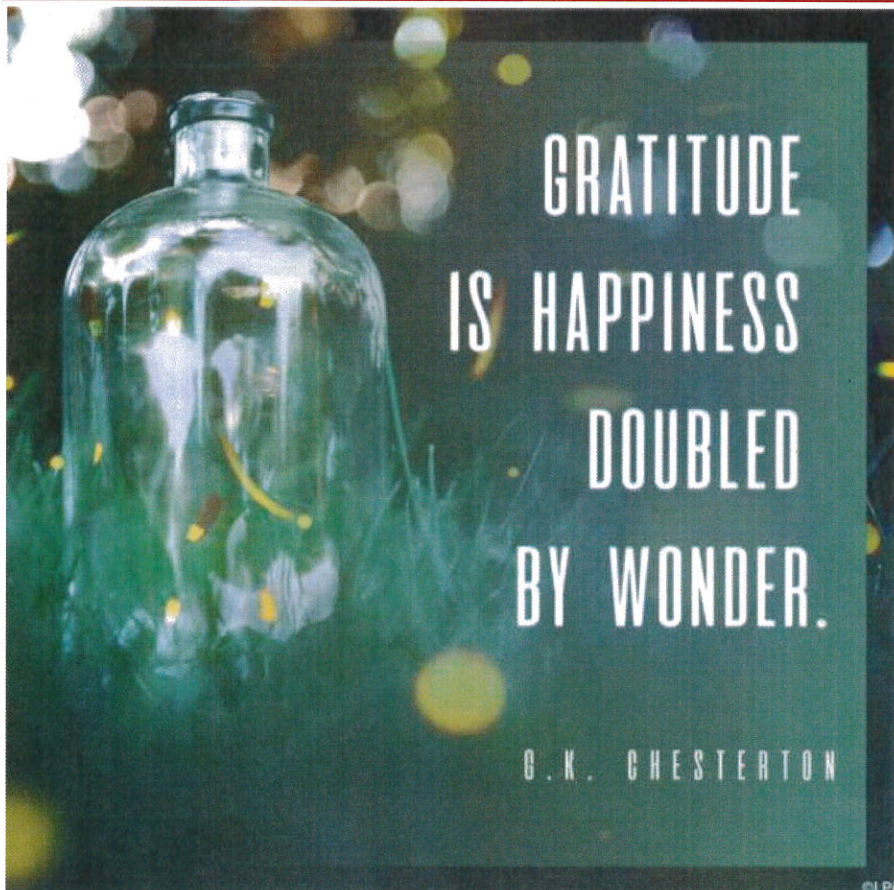


**Pickaway Senior Center**  
2105 Chickasaw Dr.  
PO Box 565  
Circleville OH 43113

Non-Profit Org.  
U.S. Postage  
PAID  
Permit #200  
Circleville OH 43113

*RETURN SERVICE REQUESTED*

Current Resident



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

**Donations received by DATE are included this newsletter; those received after DATE will be included in the NEXT MONTH newsletter.**

**Thank you for your generosity**

