

## NOVEMBER DATES OF NOTE:

- 1 Alzheimer's Forum at American Legion 9-10:15**
- 2 Bracelet Making 1pm**
- 2 RSVP Veteran's Lunch**
- 4 HOLIDAY CRAFT FAIR (No activities) 9am-2pm**
- 7 Footcare Clinic 9am-by appointment 1:30pm**
- 7 Info Session: Healthy Option Allowance 1pm**
- 8 Info Session: Volunteer Guardian Program 1pm**
- 9 Board Meeting 10:15am**
- 9 Understanding Alzheimer's in Cafeteria 1:00-1:30pm**
- 10 Produce Truck 9am**
- 10 Chair Yoga 1pm**
- 10 ALZ Support Group at Library 3:00-4:00pm**
- 11 Veteran Recognition Lunch 11:30 am**
- 15 Commodities 9am**
- 17 OSHIIP Table Talk 11am**
- 21 Footcare Clinic 9am-by appointment 1:30pm**
- 24 BUILDING CLOSED**
- 25 BUILDING CLOSED**
- 29 Blood Pressure Clinic 11am**
- 29 #GivingTuesday ALL DAY!**
- 30 OSHIIP by appointment**

**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*

### *Welcome November!*

November is a wonderful reminder for us to give thanks for all we have. There is so much to be grateful for!

We are grateful for you and your continued support! (see p3)

On Friday, November 4, 9am-2pm, the Center will host the **Holiday Craft Show!** Vendors from our community and region will share their creations — in plenty of time for Holiday shopping! Please join us for the Show and lunch. (See page 7 for details)

On Friday, November 11, noon, we welcome and recognize Veterans gathered for lunch in honor of Veteran's Day. Lunch will be served at 11:30 am; seating is limited so please RSVP no later than Wednesday, November 2, 3pm.

Humana will present an educational talk about **protection from scams** on Monday, November 7, 1pm (see p9).

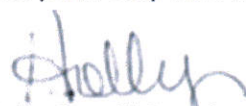
OSHIIP (Ohio Senior Health Insurance Information Program) will be at the Center Thursday, November 17, 11am, for table talk and on Wednesday, November 30, by appointment, 9:15am-3pm. Call the Center (740.474.8831) to reserve your appointment! (see p7)

Produce delivery will be Thursday, November 10, ONLY, due to the Thanksgiving holiday. Commodities will be delivered to the Center on Tuesday, November 15, as usual.

**REMINDER: The Center will be closed on both Thursday, November 24 and Friday, November 25 for Thanksgiving.** (see p8).

*Happy Thanksgiving*

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

  
Holly Cottrill Romine,  
Executive Director



**Pickaway Senior Center**

**Board of Directors:**

Sally Galecki	President
Tonya Thompson	Vice President
Lisa Robbins	Treasurer
Al Canarsky	Membership President
Al Canarsky	Secretary
Holly Cottrill	Executive Director
Dennis Bothel	Fiscal Officer

Ed Boyer	Pat Acord
Jackie Rish	Ellery Elick
Sheriff Matthew Hafey	

**Pickaway County  
Commissioners:**

Jay Wippel  
Gary Scherer  
Harold Henson

## PICKAWAY SENIOR CENTER

2105 Chickasaw Drive  
PO Box 565  
Circleville OH 43113

[www.pickawayseniors.org](http://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 — 4pm**

\* Due to impacts of COVID-19 and emerging variants: 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 (administered through the Ohio Department of Aging)
- Funds from the senior levy as passed by the voters of Pickaway County
- Private donations and fundraisers





**NOVEMBER 1**

Valerie Julian  
Nancy Radcliff

**NOVEMBER 2**

Delores Brown  
Gary Iles  
Sandra Manson  
Sandra Oliver  
Patricia Strous

**NOVEMBER 3**

Vivian Garrett  
Marge Rhoads  
Betty Winner

**NOVEMBER 5**

Vickie Fanska  
Dianne Good  
Robert Wolf

**NOVEMBER 7**

Ruth Hoover

**NOVEMBER 10**

Kenzie Endicott  
Peggy Miller

**NOVEMBER 12**

Ed & Debby Boyer

**NOVEMBER 13**

Karen Frey  
Judith Goode  
Donald Strawser

**NOVEMBER 14**

Karen Cockrell  
Mary Miller  
Joan Savage  
Julianne Temple

**NOVEMBER 15**

Carrol Hammond  
Nancy Looney

**NOVEMBER 18**

Bobbie Dickason  
Charlene Grambo

**NOVEMBER 20**

Norma Eyerma  
Marcia Helwage  
Clark McFarland  
Debra McFarland

**NOVEMBER 21**

Donna Raines

**NOVEMBER 23**

Don Wolford

**NOVEMBER 24**

Carol Blaney

**NOVEMBER 26**

Don Hall

**NOVEMBER 27**

Shirley Oberley  
Rodger Southward

**NOVEMBER 28**

Mary Cook  
Tammy Hughes  
Jane Strawser

**NOVEMBER 29**

Mary Arnold  
Donnie Bethel

**NOVEMBER 30**

Shirley Norris



# GIVING TUESDAY

Each of us has something to give and every act of generosity counts! The #GivingTuesday movement reimagines a world built upon shared humanity and radical generosity.

**By sharing our gratitude through acts of generosity, we can change the world.**

GivingTuesday was created in 2012 as a simple idea: *a day that encourages people to do good*. Since then, it has grown into a year-round global movement that inspires hundreds of millions of people to give, share, collaborate, and celebrate generosity.

**What if – each Tuesday and every day – we each give some of our time, a donation, or the power of our voice in our local community.**

**JOIN US IN EXPRESSING GRATITUDE for all the Pickaway Senior Center can offer through generous donations from folks just like you! You can make a donation to the Center by completing the form on the next page (*In Memory or Honor of...*) and including it with your check made payable to Pickaway Senior Center. Or stop by to drop off a check and stay for lunch or an activity!**

## GRATITUDE ATTITUDE

Gratitude can influence ones' felt sense of happiness and health, and can help us cope with dark days. The practice of gratitude can be easy — and the benefits enormous! Think about developing a habit of practicing gratitude:

- List three things you are grateful for each day.
- Send notes to old friends, family, or acquaintances.
- Keep a gratitude journal and focus on the positive.
- Take a few minutes each day to focus on gratitude. It can be through prayer, meditation, or just thinking about who or what makes you grateful. Try to keep a regular time so it becomes a habit.
- Share your life by volunteering and giving your time and talent to benefit others.

To be grateful for even the smallest things — living in the moment and noting reasons to be thankful — can support mental wellness and make tough times more bearable.



### 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:

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

## EMPLOYEE SPOTLIGHT: Stuart Sharpnack, Transportation Coordinator

"I've always thought it a privilege to serve the Seniors of Pickaway County. Many of those we serve can no longer drive, and the Center provides vital services for them, one of which is transportation," says Stuart Sharpnack.

In his time as Coordinator, for over 25 years, he's seen a great deal of change in our county, and those the Center serves, but the need for support has always been part of life, that hasn't changed.

"Seniors have come to rely on us and we're happy to meet the need," he says.

Over recent decades, more families have moved out of the area to pursue work opportunities, leaving parents and grandparents without adequate family support on a daily basis. The Center tries to meet those needs with home meal delivery, produce and commodity resources, congregate meals, adult day services, and, of course, transportation.

Stuart jokes that he has served as Transportation Coordinator almost as long as he's been married to Stephanie Sharpnack nee Denman, a fifth-generation Pickaway County resident. Prior to coming to the Center, he served as a Probation Officer and Director of Court Services for Pickaway County Juvenile Court.

**If you need transportation to a doctor visit, grocery shopping, or other vital trip, give Stuart a call at 740.474.8831.**





**SPECIAL THANKS TO THE FOLLOWING PEOPLE...**



**New Members**

Tara Vanover  
Betty Hopkins  
Tammie Wetherell  
Sue Tipton  
Ned Morgan  
Don Thomas  
Laurie Thomas  
William Riser

**\$10 Fund Donations**

Jeanie Crider  
Ellery Elick  
Charles & Susan Patrick  
Jeanie Crider  
Linda Harden

**Donations Made In**

*Honor or  
Memorial*

In Memory of  
Edie Polley

Given by,  
Linda Adams

In Memory of  
Harold "Ed" Riffel

Given by,  
Donna Riffel

~~~~~

In Memory of  
Ron Skaggs  
*for his birthday*

Given by,  
Susan Beckley  
his sister

~~~~~

In Memory of  
Pamela Elick  
Given by,  
Ellery Elick

~~~~~

**AS WE EXPRESS  
OUR GRATITUDE,  
WE MUST NEVER  
FORGET THAT  
THE HIGHEST  
APPRECIATION IS  
NOT TO UTTER THE  
WORDS, BUT TO  
LIVE BY THEM.**

- John F. Kennedy

**SOLE SOLUTIONS**  
*Nurse Delivered Footcare*



**MONDAYS**  
**NOVEMBER 7 & 21**  
**9am—1:30pm**

**BY APPOINTMENT ONLY**

Call the center  
**740.474.8831**  
and set your  
**\$35 FOR ½ HOUR**  
**APPOINTMENT**  
**SOON!**

PROMEDICA HOSPICE PRESENTS:



**THURSDAY,**  
**NOVEMBER 10, 1PM**

**Blood Pressure Clinic**  
the last Tuesday of each month!



**ALL ARE WELCOME!**  
Tuesday, November 29, 11AM



## **PARTNER SPOTLIGHT: Central Ohio Area Agency on Aging's Volunteer Guardian Program**

Volunteer Guardians are substitute decision-makers for people who are unable to make informed personal decisions in their own best interest. Guardians do many things to ensure the quality of life for those they serve, making informed decisions about medical care and living environments; also little, thoughtful things.

### **Not Everyone Has Someone**

Not everyone has family or friends willing to be responsible for decision making. In Central Ohio, there are a growing number of adults who have lost the ability to make reasoned decisions and are without anyone to assist them. In some cases, volunteers who are trained and supported by professionals can help.

The Volunteer Guardian Program (VGP) at the Central Ohio Area Agency on Aging recruits, screens, trains and supports people to be court-appointed "Guardians of the Person." These guardians make medical and quality of life decisions for individuals who have no one willing to assist them; Volunteer Guardians do not handle money or have financial responsibility.

People served by VGP are adults who live in nursing homes or other group-care settings and have some type of mental impairment. Whatever the reason, their ability to process information has deteriorated; they are alone and they need help.

### **Volunteer Requirements:**

- Volunteers must be at least 21 years of age
- Have reliable transportation
- Provide five personal or professional references
- Attend an interview
- Undergo a background check
- Complete training

### **Training and Matching Process:**

The time between a volunteer applying to the program and a legal appointment can take several months. During this time, Volunteers:

- Attend an interview with program staff and have fingerprints taken
- Attend pre-service training that prepares them for the role
- Describe the type of person for whom they would like to serve as guardian, ie, what level of physical or communication limitations the person may have

When someone who needs a guardian fits within the volunteer's goals, a meeting is suggested. Once the volunteer meets and accepts the match, an application for guardianship is filed with county probate court, approximately six weeks from filing; VGP case managers are with the volunteer throughout the process.

### **Guardian Responsibilities**

After properly matched the volunteer will:

- Attend a brief hearing at Probate Court w/VGP
- Develop a nurturing relationship with the person by visiting twice a month
- Participate in care planning, giving consent for medical treatment and other services
- Enhance the quality of life by visiting

### **Volunteer Support and Technical Assistance**

To assist the volunteer, we offer:

- A 6-hour training to prepare them for the role
- On-going support, training, technical assistance from VGP staff
- Free continuing education opportunities and support

**Serving as Volunteer Guardian may seem like a huge responsibility, but those who have served say it is the opportunity of a lifetime. Benefits include:**

- Knowledge of nursing homes, medical procedures, hospitals and hospice.
- Interaction with a variety of professionals including doctors, nurses, therapists, and social workers.
- The satisfaction of enhancing the quality of life of another human being.

**Have questions about nursing home navigation, healthcare provider best practices, surrogate medical decisions, etc? Consider attending:**

**Tuesday, November 8, 1PM**  
**presentation by Wendy Hux, Volunteer Guardian Program**







**CRAFT FAIR**

**FRIDAY | NOVEMBER 4**

**9AM - 2 PM**

FREE TO SHOP | lunch available to purchase

Crochet & Knit Items | Greeting Cards | Children's Clothes, Toys and more!

Great gifts for the holidays!

Pickaway Senior Center | 2705 Shunkway Dr | Circleville, OH 43113 | 740.474.3121 | pickawayseiors.org

## Did You Know?

You can schedule time with an \*OSHIIP counselor who provides objective insurance information.

- Original Medicare
- Medicare Advantage
- Cost Savings Programs
- Extra Help Programs
- Supplemental insurance
- Part D Prescription Coverage

**TABLE TALK**  
**Thursday**  
**November 17,**  
**11am-12pm**

Call the Center to schedule your Medicare Check-Up. Appointments are available on

**WEDNESDAY, NOVEMBER 30,**  
**9:15AM-3PM**

\* (Ohio Senior Health Insurance Information Program)



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**f**



## ALZHEIMER'S ASSOCIATION®

Who has not been impacted by Alzheimer's or another dementia? ALZ is here to support us all with resources including:

- **Community Forums** to learn where services are lacking in our community
  - ⇒ **Tuesday, November 1, 9—10:30 am**  
**America Legion Post #134**
- **Caregiver Support Group** (2nd Thursdays)
  - ⇒ **Thursday, November 10, 3—4 pm**  
**Circleville Library, Crites-Hanna Room A**
- **Understanding Alzheimer's** live, in person
  - ⇒ **Wednesday, November 9, 1:00 — 1:30 pm**  
**Pickaway Senior Center Cafeteria**

You're not alone — you have a community of support every step of the way.

**Humana** A more human way to healthcare™

**Monday, November 7, 1:00 pm**

Join Cynthia Grotzky to learn about the Humana Medicare Advantage Plan, Healthy Options Allowance which can offer you more freedom to pay for things that keep you at your healthiest.

You can get \$600 or more each year to help pay for essentials like eligible groceries, rent, and utilities.

**ART WITH Sonya**  
**Friendship Bracelets**  
**Wednesday, November 2, 1PM**  
**RSVP—Class size is limited!**



### Don't yell at your Computer, let us fix it!

We will fix it or it's free.

**49.00 fixed rate for all seniors, computer tune ups, repairs, training, Virus removal, new setups, software installs and upgrades, at your senior center.**  
**Call (614) 398-1098 for an appointment.**

#### 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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## Pickaway County S.A.L.T. Council Meetings

Come Join the  
Pickaway County S.A.L.T.  
Council

**WHEN:** Every **Third**  
Wednesday of the month

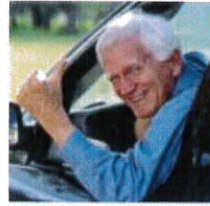
**WHERE:** Koch Meeting  
Room at Pickaway County  
Library.

**TIME:** 1:00 p.m.

**LUNCH** is provided

You **MUST** call **419-460-1452**  
to put your name on the  
attendance/lunch list before  
**10th** of the month.

## AARP SMART DRIVER COURSE/CLASS



**WHEN:** Fall TBA

**WHERE:** TBA

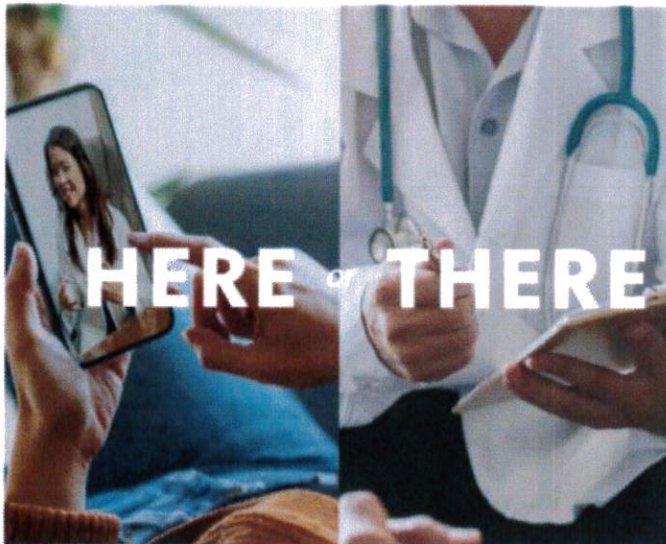
**TIME:** 8 a.m. to 12.00 p.m.

Deputy Dale Gillette with the Picka-  
way County Sheriff Department will  
be the instructor. A.A.R.P. does  
charge for classroom course, but **Pick-  
away County S.A.L.T. Council** will  
pay the cost for each participant, but  
you must sign-up by calling the Picka-  
way Senior Center at **740-474-8831**.



**Friday, November 11, 2022**

## GET THE FINEST CARE



At OhioHealth, you can choose between virtual or in-person  
appointments at one of our 200+ care sites across the state.  
It's how we provide the finest care, anywhere.

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**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



### SEPTEMBER VITAL STATISTICS

#### Transportation

29 people  
234 transports  
**4,029 miles**

#### Adult Day Care

8 people  
117 transports  
**742 miles**

#### Hot Meals Delivered

**8,464 meals**  
**8,652 miles**

#### Meals Served In Person

**520 congregate meals**

#### Fresh Produce Disbursed

**3,831 pounds of produce**

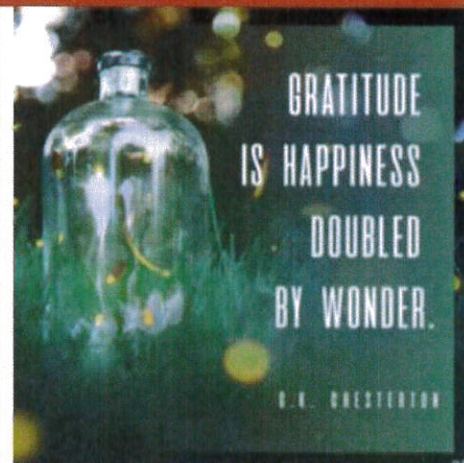
#### Commodities Disbursed

**113 families served**

## DON'T MISS OUT

Check out upcoming  
events and activities  
at the Center!

Director's Desk..... p1  
Overview of Services..... p2  
Birthdays & Giving Tuesday.. p3  
Gifts Recognition Form,  
Spotlight: Stuart Sharpnack p4  
Welcomes, Donations, Grateful,  
Footcare, Yoga, BP Clinic ..... p5  
Spotlight: CO3A Guardian .... p6  
Craft Fair, Did You Know!? ... p7  
ALZ, Humana, ART ..... P8  
SALT, AARP Smart Drive..... p9  
Congregate Meal Menu .....p10  
Activities Calendar .....p11  
Vital Stats, Generosity ..... p12



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

Donations received in the first week are included in that month's newsletter. Those of the second week or later will be included in the following month's newsletter

**Thank you for your generosity!**