

**JUNE
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:

**WEDNESDAY, JUNE 9
BOARD MEETING**

**THURSDAY, JUNE 10
PRODUCE TRUCK 8:00 AM**

**WEDNESDAY, JUNE 16
DRIVE-THRU LUNCH 11:00 AM**

**TUESDAY, JUNE 22
COMMODITIES**

**THURSDAY, JUNE 24
PRODUCE TRUCK 8:00 AM**

**WEDNESDAY, JUNE 30
DRIVE-THRU LUNCH 11:00 AM**



From the Desk of the Director

Hello All! I hope everyone is well. Welcome to June and the beginning of summer!

We are excited to announce that the center will be open for in person dining beginning the week of June 14!!!! It's been a long road but we have finally been given the green light to be able to open.

There will be a few safety guidelines that will need to be followed in order to visit the center. I have outlined those items in the flyer inserted into your newsletter but here are a few:

- All individuals must be screened for COVID-19 each time they enter the center including having their temperature taken.
- You must call ahead to RSVP for lunch or activities prior to attending. There will no drop-ins allowed at this time.
- Masks must be worn at all times unless eating.
- Social distancing, hand washing and other protocols must be followed.

June we will only be open for lunch, as we will begin to add in activities in July. This will give everyone a chance to get used to our new way of operating. Lunch will be served from 11:30 until 12:30. You will need to call in to reserve a spot for lunch if you are planning to attend.

We will still be offering grab and go lunches. One Wednesday, June 16 we will have ham and bean soup. Please RSVP by June 10. Then on Wednesday, June 30 we will be having another grilled tenderloin sale. Please RSVP by June 18. Time will be 11 a.m. until 12:15 p.m.

Come join us for an activity, or meal as *We Live It UP* at your Senior Center!

Holly Cottrill, Executive Director

**Pickaway Senior Center
Board of Directors:**

Brenda Strittmatter President
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
Pat Acord · David Evans
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 - 4:30 pm

***Due to the COVID-19 some ser-
vices, business hours 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, dialysis, 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



PICKAWAY SENIOR CENTER JUNE 2021 NEWSLETTER

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

JUNE TRIVIA

1. When is Father's Day celebrated?
2. Name the U.S. President who initiated the celebration of Father's Day with a presidential proclamation?
3. What is the most gifted present fathers receive on this day?
4. Name the singing Father/Daughter duo who secured a Billboard number one?
5. Which Father and Son hit 407 home runs between them in a combined 30 years of Major League Service?
6. Which Father became the first to manage two sons on the same baseball team?
7. Which son hit his 500th career home run on Father's Day 2004, with his Dad at the park watching him play?

Write your answers:

1. _____
2. _____
3. _____
4. _____

5. _____
6. _____
7. _____



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

Name, Address & Phone Number: _____

Deadline June 30. Congrats to April Raffle Winner: Ken W.

JUNE BIRTHDAYS-HAPPY BIRTHDAY!

JUNE 1

HAROLD NELSON
CATHYERN CAUSEY

JUNE 2

MARCELLA WELLS
DIANNA CLARK
LILIJANA NECHOVSKI
VICKIE ROBINSON

JUNE 3

LOUISE BOESIGER
TERRY AGIN
CARL HEMMING

JUNE 4

DIANA MOORE
ROBERT STANT
WILMA BROWN
WILLIAM PYLE

JUNE 5

ANITA NARDI
JUNE BOYER
NORMA STUDER
CAROL STEWART
FLORENCE BIGHAM
CAROL EDWARDS
CHRISTINE COSSIN
HARRY HOSLER

JUNE 6

MARY LUNDBERG

JUNE 7

MARY ELLIOTT
CHARLES HAMMOND
SUE MARBURGER
KAY BROWN
BILL RICE

JUNE 8

DOROTHY MASSIE
RUSSELL CONGROVE
JUDY WEAVER
DALE SISUNG

JUNE 9

JUNE DAVIS
JIM MILLER
THOMAS BINGHAM
PATRICIA CUPP

JUNE 10

DAMON LIVELY
DARLENE WEAVER
PATRICIA DRESBACH

JUNE 11

SHIRLEY TYLER
PAM HAMILTON
ROBERT GRATE

JUNE 12

JOY LAVECK
HANNELORE HAYNES
LEA CAVE
MARION GRATE

JUNE 13

BARBARA DONAHUE
PATRICIA DANISON

JUNE 14

CHARLES WEAVER
MARY HAYNES
TIM SEARCH
DARRELL DUMM
ROGER YOUNG

JUNE 15

ROBERT WARNER
DONNA RIFFEL

JUNE 16

ROGER NEWLON
LAURA BETHEL
KAREN MILLER
LOUISE JONES



JUNE 17

LINDA KELLER
BOYD OLIVER
GENE DONAHUE

JUNE 18

JOHN WILKES
ANN PERRILL
DANIEL COOK

JUNE 19

JANE CHUMLEY
CAROL WILSON
JUDY STEWART
SHEILA DUNHAM

JUNE 20

JOE CARLE
PAULINE WOODS
ETHEL HART
CINDY MILLER
ROSEMARY ELDER
ETHEL WELCH
TERRY RICHMOND

JUNE 21

MARY BAUGHMAN
SHIRLEY THOMPSON
DIANA SECREST
CHERYL MARTIN

JUNE 22

ANNA CROCKER
DORIS DODSON
EVERETT MCCORMICK
CHRISTINE JOHNSON

JUNE 23

SUE SOWERS
SUE GOBLE

JUNE 24

HARRIET BROWN
ROBERT JOHNSON
ANN CULLUM

JUNE 25

LINDA BURNS
ANNA SCARBERRY

JUNE 26

THOMAS FRANK
DALLAS SAPP
PRABHA NAIR

JUNE 27

VIRGIE REYNOLDS
CAROLYN KYLE

JUNE 28

MARY DEAN
RAYMOND RUSSELL
HELEN BURNS
PAT KNECHT
CAROLYN PURDUE
PEGGY ROBBINS
CAROL FAERBER



JUNE 29

KATHY STOUT
BETTY MCGUCKIN
DEL SMITH
JOHN MCCABE
MARIE GERHARDT
ROBERT GOOD

JUNE 30

ANNA SCHOOLEY
MARY DOWNS
PATRICK CHERRY
JEANNE PALM
JANET ENDICOTT

SPECIAL THANKS TO THE FOLLOWING PEOPLE...

New Members

Ronald O'Conner

Jody O'Conner



~~~~~ Memorial/Honor of Donations

In Honor of

Raymond Russell for his Birth-
day

Given By,

Roger & Shirley Evans

~~~~~  
In Honor of

My Granddaughter, Lizzie  
Landefeld for her 4th Birthday

Given By,

Judy Corbett

~~~~~  
In Memory of

Tom Imler for his Birthday

Given By Wife,

Julie Imler

Memorial/Honor of

Donations

In Memory of

Bill Hill &
Jewell Hinton

Given By,
Beverly Currence

~~~~~  
In Memory of

Charles Waidelich

Given By,  
Pat Acord

~~~~~  
In Memory of

Estalena Gee

Given By,
Jim & Sheila Gee

~~~~~  
In Memory of

Ray & Marie Rice

Given By,  
Bill & Patty Rice

~~~~~  
In Memory of

Charlie Waidelich

Given By,
Everett & Marjorie
McCormick

Memorial/Honor of

Donations

In Memory of

Steve Edstrom

Given By,

Susan & Charles
Patrick

~~~~~  
In Memory of

Charles Davis &  
Walt Davis

Given By,

Norma Davis

~~~~~  
In Memory of

Shirley Mason

Given By,

Don & Jean Crist

~~~~~  
In Loving Memory of

My Dad, Leonard Brady for his  
May 2nd Birthday (106) and for  
Father's Day & Loving Memory  
of My Mom, Edith Brady for a  
late Mother's Day Wish. Love to  
Both.

Given By Your Daughter,  
Julia Lester



## Ohio State University Extension—Memory Lapse or Something More?

**Daughter and Mother Living with Dementia.** Do you ever forget where you've placed your remote, or just can't recall the name of acquaintance? When this occurs, do you wonder if you are starting to develop dementia? It's common to become somewhat more forgetful as you age. The question is, how you can tell whether your memory lapses are part of normal aging or are a symptom of something more serious. If you are in your 40's, 50's or 60's, you may have noticed that you might need a bit longer to remember things, get distracted more easily or struggle to multi-task as well as you once did. You may worry that these are an early sign of dementia, it is important not to worry too much. While these changes are frustrating at times, they are a part of normal aging.

By contrast, people with dementia have a loss of memory and other mental function severe enough that it affects their ability to live independently at home, interact in social activities and at work. While some memory loss, such as recall and recognition, is the result of the aging brain, dementia is some type of injury to the brain that goes beyond normal changes. For a variety of reasons, once-healthy neurons (nerve cells) in the brain stop working, lose connections with other brain cells, and die. Dementia can cause a significant decline in a person's mental abilities by affecting their capacity for things like memory, thinking and reasoning.

Although people in the earliest stages of dementia often sense that something is wrong, the illness eventually deprives them of the insight necessary to understand their problems. So it's usually up to a family member or friend to recognize the symptoms. The Alzheimer's Association, [Know the 10 Signs brochure](#) highlights a list of 10 signs that should not be ignored.

1. Memory loss that is severe enough to disrupt daily life—for example, asking for information over and over again.
2. Challenges in planning or solving problems, such as trouble following a recipe or keeping track of monthly bills.
3. Difficulty completing familiar tasks at home, at work, or at leisure—for example, trouble driving to a familiar location.
4. Confusion over time or place.
5. Trouble understanding visual images and spatial relationships, including difficulty judging distances and determining color.
6. New problems with words in speaking or writing, including difficulty following or joining a conversation.
7. Putting things in unusual places and being unable to find them again.
8. Decreased or poor judgement—for example, giving large amounts of money to telemarketers or paying less attention to personal hygiene.
9. Withdrawal from work or social activities.
10. Changes in mood and personality, including becoming suspicious, depressed, fearful, or anxious.

If after reading this list you are worried about yourself or someone close to you, arrange for a medical evaluation. Making a diagnosis of dementia requires a thorough examination by a physician. Many forms of dementia are not reversible, but early detection provides an opportunity to minimize other medical conditions that may bring on severe dementia symptoms earlier than they might otherwise show.

Written by: Kathy Tutt, Family and Consumer Sciences Educator, Ohio State University Extension-Clark County, [tutt.19@osu.edu](mailto:tutt.19@osu.edu). Reviewed by: Roseanne Scammahorn, Family and Consumer Sciences Educator, Ohio State University Extension-Darke County, [scammahorn.5@osu.edu](mailto:scammahorn.5@osu.edu)

**Sources:** Alzheimer's Association, <https://www.alz.org/>. National Institute of Neurological Disorders and Stroke. <https://www.ninds.nih.gov/Disorders/All-Disorders/Dementia-Information-Page>

Contact Information: OSU Extension-Pickaway County-Michelle Treber-Extension Educator, Family and Consumer Sciences-[treber.1@osu.edu](mailto:treber.1@osu.edu) 740-474-7534



## PICKAWAY SENIOR CENTER JUNE 2021 NEWSLETTER

### Estate Planning

It is often difficult during one's lifetime to give, yet many would like to make a significant contribution. You might want to consider a bequest to the Pickaway Senior Center.

We have established a Pickaway Senior Center Fund within the Pickaway County Community Foundation to help ensure we are able to continue meeting the needs of the seniors of Pickaway County well into the future.

Pickaway County Community Foundation:  
Pickaway Senior Center Fund  
770 N. Court St.  
Circleville, OH 43113



Just a reminder  
if you would  
like a donation  
such as a Me-  
morial/Honor  
of or a \$10

**Fund Donation in the newsletter we must receive the information at the Center by the first week of every month. If there is space permitting and more are received after the first week we may still be able to put the information in the newsletter.**

**Thank you.**

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## PICKAWAY SENIOR CENTER JUNE 2021 NEWSLETTER

### REMINDER

If you need to drop something off to the Center such as applications, donations, dues etc. we ask that you please use drop off box at front entrance or continue to mail them to:

Pickaway Senior Center, P.O. Box 565  
Circleville, OH 43113

thank you

### GIFT CARD RAFFLE

For your chance to be entered into a gift card drawing please complete the **JUNE Trivia** on **page 2** and send us your answers. Deadline is **June 30**. Gift Card drawing will be held the first week of July. 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 July. Thank you.



## 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 HOUSING AUTHORITY

Pickaway Terrace, Eden Place, Louise Terrace & Williamsport 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

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4-D-5-5

For ad info. call 1-800-477-4574 • [www.lpicommunities.com](http://www.lpicommunities.com)

14-1576



## DRIVE-THRU LUNCHES



**Wednesday, June 16**  
**Ham & Bean Soup**  
**11:00 am-12:15 pm**  
**RSVP by June 10**  
**Suggested Donation \$3**

**Wednesday, June 30**  
**Grilled Tenderloin Sandwich**  
**11:00 am-12:15 pm**  
**RSVP by June 18**  
**Suggested Donation \$4**  
*(limited sandwiches available)*



**If you are interested in stopping by and picking up a lunch on any of those days please call the Center at 740-474-8831 to RSVP.**



**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](https://OhioHealth.com/VirtualHealth).

 **OhioHealth**  
BELIEVE IN WE™

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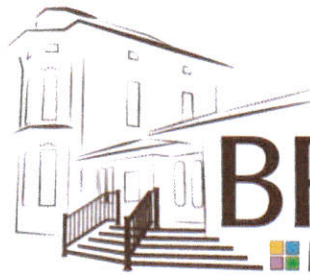
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**Pickaway Senior Center**  
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Circleville, OH 43113

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Permit #200  
Circleville, OH 43113

*RETURN SERVICE REQUESTED*

Current Resident



**Wishing you a  
Happy Father's Day**



**Don't miss our  
upcoming events and  
activities at the Center!**

Trivia.....Pg 2  
Birthdays.....Pg 4  
Gift Card Raffle.....Pg 8  
Menu.....Pg 10  
Activities Calendar.....Pg 11

**\$10 Fund Donations**

Linda Harden

Judy Beard

Hannelore Haynes

Norma Davis

Naomi Parker

Charles & Susan  
Patrick

Jeane Crider

Jim & Pat  
Meyer

Ruby Baylous

Bonnie Hildenbrand