

# P S C

## Pickaway Senior Center

### OCTOBER DATES OF NOTE:

WEDNESDAY, OCTOBER 12

BOARD MEETING ..... 10:15 am

THURSDAY, OCTOBER 13

PRODUCE TRUCK..... 8:00 am

TUESDAY, OCTOBER 18

COMMODITY BOXES ..... 8:00 am

WEDNESDAY, OCTOBER 19

OSHIIP COUNSELING .....  
..... 8:30—10:30 am

FRIDAY, OCTOBER 21

BUILDING CLOSED ..... ALL DAY  
See you at the Pumpkin Show!

TUESDAY, OCTOBER 25

BLOOD PRESSURE ..... 11:00 am  
COOKING w/Jessica..... 1:00 pm

THURSDAY, OCTOBER 27

PRODUCE TRUCK..... 8:00 am

Pickaway Senior Center  
2105 Chickasaw Drive  
PO Box 565  
Circleville OH 43113  
740-474-8831  
[www.pickawayseniors.org](http://www.pickawayseniors.org)

### *From the Desk of the Director*

Hello October! Fall is in the air!

We have a lot of great things happening at the Center this month.

Coming up on Wednesday, October 5, Sonya from Pickaway Manor will host a paint class at 1pm; please RSVP to participate for free! Space is limited to 20 spots. The same day, Nate Hux of Freedom Pharmacy — recently featured on The Today Show — will speak about prescription drug coverage and other medication options.

#### SENIOR HEALTH FAIR UPDATE:

The Senior Center, along with the Pickaway Healthcare Network, is putting on a Senior Health Fair on Monday, October 24, 9am—2pm, at Heritage Hall at the Pickaway County Fairgrounds.

#### SCHEDULE YOUR MAMMOGRAM

The Adena Mammography bus will be on site 7am — 3pm. You must call the Senior Center at 740.474.8831 to register!

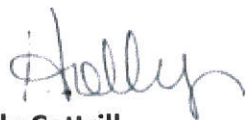
Watch for more details on this special event!

#### GET THE LATEST NEWS AND EVENTS ON OUR FACEBOOK PAGE

It is a busy month at the Center AND in Circleville with the Pumpkin Show opening for locals on the evening of Tuesday, October 18 and running through Saturday, October 22; the Center will be closed, with no services available, on Friday, October 21.

Fresh produce days are Thursdays, October 13 and 27; Commodities will be in on Tuesday, October 18. Healthy Cooking for One-to-Two is slated for Tuesday, October 25; blood pressure clinic is at 11am.

Come, join us for lunch at 11:30am or an activity this month. Everyone stay safe and healthy! See you at YOUR Senior Center!



Holly Cottrill,  
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 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 through Ohio Department of Aging
- Funds from the senior levy as passed by the Pickaway County voters
- Private donations and fundraisers



## OCTOBER BIRTHDAYS — HAPPY BIRTHDAY!



### **OCTOBER 1**

Janet Fee  
Mary Hall  
Frederick Hoover  
Steven Thomerson

### **OCTOBER 2**

Kathleen Cameron  
Barbara Hart  
Patrick Park  
Bev Tatman



### **OCTOBER 3**

Patrick Bingham  
Phyllis Bochard  
Joyce Devors  
David Legg  
Rita Williams

### **OCTOBER 4**

Sheila Gee  
Carolyn Keeton  
Marilyn Spence  
Sally West

### **OCTOBER 5**

Patricia Barnes  
William Brandon  
Charles Gerhardt  
Michael Griffith  
Sandra Hill  
Donna Karns  
James McGuire  
Edna McNichols  
Karen Stout

### **OCTOBER 6**

Michael Dickason  
DeMaris Durgin  
Dorothy Imler  
Marilyn Irvine  
Lila Myers  
Don Ramey  
Stuart Sharpnack  
Ron Studebaker  
Carolyn Vanfossen  
Jerry Wagner

### **OCTOBER 7**

Cheryl Bates  
Betty Boldoser  
Sharon Dickey  
Elma Race  
Jane Schneider  
Debbie Tobin  
Kristi Walker

### **OCTOBER 8**

Nancy Bloom  
Ruth Dean  
Daniel Harvey  
Harry Styers  
Phyllis Tolliver

### **OCTOBER 9**

James Davis  
Rosemarie Knight  
Dorothy Myers

### **OCTOBER 10**

Burla Barr  
Ruth Cox  
Nancy Dye  
Wanda Hartranft  
Terri Lambert



### **OCTOBER 11**

Nancy Ball  
Lemoyne Hayes

### **OCTOBER 12**

Nancy Hosom  
Lois Keaton  
Teresa Marion  
Diane Stewart  
Margaret Walker

### **OCTOBER 13**

Bonnie Bandy  
Betty Brown  
Teresa Gebhart  
Barbara Misko  
Patsy Oldaker  
Betty Reeser  
Shirley Steele  
Patsy Winner

### **OCTOBER 14**

Francene Disbennett  
Shirley Duncan  
Marjorie Foreman  
JoAnn Swisher

### **OCTOBER 15**

Sylvia Christy

### **OCTOBER 16**

Carolyn Stedman

### **OCTOBER 17**

Beverly Fox  
Karen Cockrell  
Barbara Hopper  
Sandy Jordan  
Pamela Phipps  
Bonnie Skaggs

### **OCTOBER 18**

Onalee Lawson  
David Webb

### **OCTOBER 19**

Deborah Fouch  
Jeanette Gerhart  
Richard Groff  
Sarah Mahlman  
Eugene Smith

### **OCTOBER 20**

Mary Ferrell  
Jim Gee  
Sharon Weisenberger  
Cynthia Worthington



### **OCTOBER 21**

Nellie Conkel  
Joyce Lutz  
Patricia McGinnis  
Deborah Miner

### **OCTOBER 22**

Joy Ackley  
Brenda Davis  
Brenda Manson  
Julia McDonald  
David Reynolds  
Donald Smith

### **OCTOBER 23**

Linda Briner  
Leroy Brookins  
Julie Imler  
Sharon Imler

### **OCTOBER 24**

Carolyn Barton  
Mary Borrer  
Kimberly Fullen  
Linda Hardin  
Carolyn Withers  
Karma Zoss



### **OCTOBER 25**

Carolyn Barton  
Mary Borrer  
Kimberly Fullen  
Linda Hardin  
Carolyn Withers  
Karma Zoss

### **OCTOBER 26**

Marilyn Bowsher  
Charles Hemming  
Charles Hudson  
Jack Roberts

### **OCTOBER 27**

Esther Davis  
Virginia McCoy

### **OCTOBER 28**

Lucy Schumm

### **OCTOBER 29**

Lowell Buitendorp  
Connie Chandler  
Robert Dixon  
Dolly Freeman  
Jenny Spangler

### **OCTOBER 30**

Velma Boucher  
Patti Stanton

### **OCTOBER 31**

Hazel Brandon  
Joe Donders  
Gary Greene  
Gail Janke  
Henry Lambert  
Arlene Poling  
Robert Willis



**In Memory or Honor of...**

*Recognition Gifts to Pickaway Senior Center allow others in Pickaway County to be assisted.*

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: Dennis Bothel, Financial Officer**

Dennis Bothel graduated Purdue West Lafayette and worked at Purdue Fort Wayne two years later. As Dennis moved through the complexity of a educational system with multiple variables — Indiana University, Purdue University, and Fort Wayne — various career tracks and funding, he was learning how to build complex budgets. (Little did he know those experiences were preparing him for budgeting at a nonprofit with multiple funding sources!)

Looking for a new area to practice his expertise, Dennis accepted a position at Ohio University—Chillicothe, serving there for sixteen years before moving on to Southern State Community College where he served in budgeting and academic advising for three years before moving from that system when he served as a part time instructor at Franklin University.

Ready to shift into his third act, Dennis took a job in the Transportation department here at the Center. Dennis observed the activities and methods of funding, and when the position opened he was ready to step into the role of Financial Officer. Eight years later he sees his role here as an expression of all that he learned over the course of his career.

“The budgeting process in higher education is shorter and so is a bit more responsive to economic changes; here at the Center, we have funding that extends from one to five years, but the amounts we receive can change from year-to-year in ways for which we cannot plan. While my career prepared me to deal with funding complexity, it’s the social services language that trips me up!” he quips. The Center offers a wide variety of social services for Pickaway Seniors — see pgs 2, 12!

Dennis is married with two, twenty-something children and resides here in Pickaway County.



## SPECIAL THANKS TO THE FOLLOWING PEOPLE...



### New Members

Karen Knisley  
Rhonda Ebert  
Sharon Arledge  
Faye Steerman  
Gwendolyn Gothard  
Karen Fey  
Martin Fey  
Phyllis Marriot  
Della Whitten  
Linda Knisley  
Terri Davis  
Ron Martin  
Barbara Smallwood  
Douglas Blair  
Wendy Blair

### \$10 Fund Donations

Belva Pritchard  
Jeanie Crider  
Linda Harden  
Linda Dunkle

### Memorial/Honor of Donations

In Memory of  
*Billie Pierce*  
sister of Jeanne Crider

Given by,  
Line Dancers

In Memory of  
*David Luckhart*

Given by,  
Line Dancers

In Memory of

*Donna Charlotte Groff*

Given by,  
Richard Groff

In Memory of

*Jessie Halley*  
at the anniversary of her passing  
October 29, 2020

Given by,  
Richard Groff

In Memory of

*Goldie Lindsey*

Given by,  
Martha Lester  
Judy Gulick  
Meg Kadunc  
M Patricia Straus  
Connie Angles

In Memory of

*Bill & June Ankrom*  
*Milt Emerine*

Given by,  
Mary Dean

**THANK YOU**  
for your generosity

**THE  
BIG  
TABLE**  
THE COLUMBUS FOUNDATION  
**10.06.22**

### OUR COMMUNITY IN CONVERSATION

The Big Table is an opportunity to reconnect with our neighbors and remind one another of what our community can accomplish when we work together.

### ALL ARE WELCOME!

Anyone can participate in The Big Table and everyone has a seat at the table! The more voices, the better. Most discussions will include 6-10 people

Pickaway County ESC  
2050 Stoneridge Dr, Circleville  
Host: Krista Bower  
**October 6, 2022 at noon**

Marvin Webster Park Shelterhouse  
5010 North St W, South Bloomfield  
Host: Jan Shannon  
**October 6, 2022 at 3:30 pm**

Commercial Point Men's Club  
26 W Scioto St, Commercial Point  
Host: Nathan Wilson  
**October 6, 2022 at 3:00 pm**

Everts Center  
129 E Mill St, Circleville  
Host: Alexis Conrad  
**October 6, 2022 at 8:00 am**



## PARTNER SPOTLIGHT: Central Ohio Area Agency on Aging

The Central Ohio Area Agency on Aging (COAAA) plans, funds, and delivers services that help older adults remain safe and independent in their homes. COAAA manages services for 10,000 people and funds services for another 20,000 in eight counties, including Pickaway. Established in 1974 as part of the Older Americans Act, it is operated under City of Columbus Recreation and Parks.

COAAA publishes resource guides that cover information on a variety of important topics. These helpful guides are updated annually and offer information about local agencies and organizations that provide services of interest to older adults and caregivers. **Guides can be downloaded from [www.coaaa.org](http://www.coaaa.org) or ordered free of charge from COAAA (1.800.589.7277).**

Caregiver Books & Videos	Moving and Transitions Guide
Caregiver - Guide to Independent Living	Pet Care Guide
COAAA Summary of Programs & Services	Prescription Guide
Hiring Guide for In-Home Care	Private Homecare Guide
Housing and Home Repair Guide	Respite Guide
Housing: Low Income Family Housing	Senior/Community Center Listing
Kinship Care Guide	Support Groups Guide
Long Term Care and Hospice Guide	Transportation Guide
Medicare 101	Utility Assistance Guide



The **OLDER ADULTS RESOURCE GUIDE** is available at the Pickaway Senior Center and includes contact details and resources for a wide range of services available to central Ohioans, including crisis and mental health services, consumer advocacy and legal services, family supports, and even pet supports.

If you do not find exactly what you need at [www.coaaa.org](http://www.coaaa.org), call 1.800.589.7277 to discover other available resources.



**WEDNESDAY  
OCTOBER 5  
10 – 11 am**

**Owner Nate Hux will be in to talk about prescription and compound medications, insurance and cash payments, and what you might do to save money monthly!**

### FREEDOM PHARMACY

#### YOUR LOCAL, INDEPENDENT, PHARMACY

Freedom Pharmacy specializes in compounding prescriptions — in state of the art labs — as well as traditional prescription services, and help people save money on commonly prescribed generic medications.

#### WHO IS FREEDOM PHARMACY

THE experts in pharmaceutical interventions for patients to achieve desired outcomes from both a medical and cost perspective. As self-pay pharmacy, we are able to work directly with patients to tailor specific pharmacy solutions without influence from insurance companies.

#### WHAT MAKES US DIFFERENT

Transparency is one of our core values. Watch our "behind the scenes" videos ([freedomrxohio.com](http://freedomrxohio.com)) to learn more about our operations, our story, and how we can serve you! **See their appearance on The Today Show!**





## HEALTH FAIR

**for adults age 55+**

Pickaway County Fairgrounds  
Heritage Hall

October 24 • 9 am - 2 pm

Adena Mobile Mammography Bus  
Eldercare providers & communities  
Central Ohio Area Agency on Aging  
Insurance representatives  
Food, Fun, Fellowship  
**Watch Facebook for updated services!**

CALLING  
HOLIDAY  
CRAFTERS!



GOT...  
*Arts & Crafts*  
TO SHARE FOR  
HOLIDAY  
SHOPPING?

*Call the Center to rent a table!*

The Holiday Craft Show will be held  
**Friday, November 4, 9am—2pm**

**NEW PAINT CLASS with Sonya!**

Wednesday, October 5, 1pm —  
RSVP 740.474.8831 — Limit 20



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**All new 18 private  
rehab Suites**

*You have a choice*







### 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

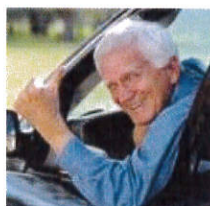
**WHERE:** Koch Meeting Room at  
Pickaway County Library.

**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 Pickaway  
County Sheriff Department will be the  
instructor. A.A.R.P. does charge for class-  
room course, but **Pickaway County  
S.A.L.T. Council** will pay the cost for each  
participant, but you must sign-up by  
calling the Pickaway Senior Center at  
**740-474-8831**.

### SOLE SOLUTIONS Nurse Delivered Footcare



**MONDAY  
OCTOBER 10  
9am—1:30pm**

**BY APPOINTMENT ONLY**

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



## 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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*Our Mission is to improve your health and well-being.*

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## AMISH TRIP

**Tuesday, November 8,  
8am departure; returns  
Wednesday, November 9**

- tour Amish Country
- stay at Berlin *Encore*
- includes shopping, museums, Amish County Theater show: *Christmas in the Country*

Occupancies: single (\$305.11), double (\$237.88), triple (\$219.23) and quad (\$209.91) are available.

**FINAL PAYMENT  
DUE: OCT. 3**

Please join us for Brain Boot  
Camp Presentation:

## Technology 101

**TUESDAY, OCTOBER 18, 1PM**

w/Cynthia Grotsky, Humana Rep  
Refreshments available; this is a community education event. ALL are welcome!

Promedica Hospice presents:



**Thursdays,  
October 13  
October 27  
12:30 pm**



*Jessica Lowe, Pickaway Extension*

## COOKING FOR ONE OR TWO

**Tuesday, October 25, 1pm**

Presenter, **Jessica Lowe**, is Family & Consumer Sciences Educator, the Ohio State University Extension Office, Pickaway County. She teaches classes on nutrition, health & wellness, and money management throughout the community. She is a graduate of both Ohio University and Ohio State University, and is a life-long Pickaway County resident. In her free time, Jessica can be found in her garden, talking walks around the neighborhood, or knitting.

**Questions? Contact Jessica**

(lowe.495@osu.edu, 740.474.7534)

## 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.

Schedule your next visit at [OhioHealth.com/FinestCare](https://OhioHealth.com/FinestCare).



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**Miller Commons** in Northern Pickaway Co.

Luxury Senior Flats—ages 55+ **NOW LEASING**  
740-983-2222 2 BR, Carport, Pets Welcome

**“Discover where to Recover”**



### Pickaway Manor

Rehabilitation Center,  
Skilled Nursing & Assisted Living

A Macintosh Community

PT, OT and Speech Therapy  
Services Available

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

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**BROWN**  
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**BrownMemorialHome.org**



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

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

*RETURN SERVICE REQUESTED*

Current Resident



## AUGUST VITAL STATS

### Transportation

28 people  
183 transports  
**3673 miles**

### Adult Day Care

8 people  
153 transports  
**1137 miles**

### Hot Meals Delivered

**8856 meals**  
**8602 miles**

### Meals Served In Person

**676 congregate meals**

### Fresh Produce Disbursed

**4798 pounds of produce**

### Commodities Disbursed

**70 families served**

## DON'T MISS OUT

**Check out upcoming  
events and activities at  
the Center!**

Director's Desk ..... p1  
Overview of Services .....p2  
Birthdays.....p3  
Recognition Gifts Form .... p4  
Spotlight: Dennis Bothel .. p4  
Our Supporters, Big Table. p5  
Spotlight: COAAA ..... p6  
Freedom Pharmacy ..... p6  
Health Fair, Paint, Crafts ...p7  
SALT, AARP Driving Class . p8  
Sole Solutions Footcare .... p8  
Amish, Tech, Yoga, Cook .. 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!**

## Blood Pressure Clinic

the last Tuesday of each month!



**ALL ARE WELCOME!**

Tuesday, October 25, 11 am