

IMPORTANT DATES:

Monday, January 2
Happy New Year! BUILDING
CLOSED (ALL Services) all day

Wednesday, January 4
Crafting with Sonya 1pm

Monday, January 9
Footcare (appointment) 1pm

Wednesday, January 11
BOARD MEETING 10:15 am
Healthy Living for Your Brain
& Body 1pm

Thursday, January 12
PRODUCE TRUCK 8am
Chair Yoga 1pm

Monday, January 16
Martin Luther King, Jr Day
BUILDING CLOSED all day

Tuesday, January 17
COMMODITIES 8am-1pm
Buckets of Medicare 1pm

Wednesday, January 18
OSHIP COUNSELING
8:30-10:30 am

Thursday, January 19
TRAVEL RE: HAWAII and
PARKS & CAYNONS 1pm

Monday, January 23
Footcare (appointment) 1pm
Groceries & Shopping online
OSU extension 1pm

Wednesday, January 25
Celebrate Birthdays! 11:30am

Thursday, January 26
PRODUCE TRUCK 8am
Chair Yoga 1pm

Tuesday, January 31
BLOOD PRESSURE CLINIC 11am

Pickaway Senior Center
2105 Chickasaw Drive
PO Box 565
Circleville OH 43113
740-474-8831
www.pickawayseniors.org

P S C

Pickaway Senior Center

From the Desk of the Director

Happy New Year!! I hope everyone had a blessed and joyful holiday season. We always look forward to the start of a fresh new year.

We will host a Birthday Lunch, to help celebrate January birthdays, on Wednesday, January 25, at 11:30 am. Please call to RSVP if you would like to join us! January birthdays eat FREE!

Dawn Altimore with Trafalgar will be here Thursday, January 19 to give a presentation on the two 2023 flying trips to Hawaii and The National Parks. If you are interested in learning more about those two trips, be sure to join us on the 19th at 1 pm.

The 2023 Diamond Bus Tour Trips for the year are scheduled. See p6 for an overview of the trips the Center will take this year!

PRODUCE distribution days for this month are Thursday, January 12 and Thursday, January 26, beginning at 8am. Produce is distributed on a first come, first serve basis.

COMMODITY pick-up is Tuesday, January 17, 8 am until 1pm. A new application is due each year. If you haven't filled one out yet, please let us know and we will get one to you.

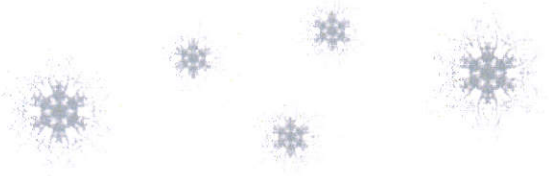
When the Center needs to close due to winter weather, closing announcements will be made through WBNS 10-TV, WCMH Channel 4, and WKKJ radio. We will also post on the Center's Facebook page.

As a reminder, the Center will be closed Monday, January 2, for New Year's Day and Monday, January 16, for Martin Luther King, Jr Day.

Please join us for lunch! We serve Monday through Friday, at 11:30 am. Remember to RSVP. Due to the rising cost of food and supplies, we have decided to raise our suggested donation price to \$4 for a meal, effective February 1, 2023.

Please joins us for an activity, or lunch 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

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 by the Ohio Department of Aging
- Funds from senior levy, passed by Pickaway voters
- Private donations and fundraisers — **Mark your calendar and plan to join us for Friday, April 28, 2023**



PICKAWAY SENIOR CENTER

2105 Chickasaw Drive
PO 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 — 4pm**

*** Due to COVID-19: some services, hours and days have changed.**

JANUARY BIRTHDAYS — HAPPY BIRTHDAY!



January 1
Merry Hall
Nita Hall
Larry Jones
Terry Schooley
Agnes Schroeder

January 2
Helen Hartsaugh

January 3
Wendy Blair
Barbara Bray
Charles Cameron
Donna Clark
Stanley Gloyd
Carol Thompson

January 4
Donna Hall
Hester Maxwell
Sybil Wright

January 6
Forrest Turner

January 7
Raymond Comer
Marilyn Hawkes
Barbara Welsh

January 8
Joy Manbevers
Belva Pritchard

January 9
Jackie Brown
Patricia Swaim

January 10
Linda Harden
Marianne Hunley
Gary Misko
Ron Wunsch

January 11
Ronald Clifford

January 13
Pat Perry
Margaret Rickey
Vera Woodard

January 14
Bobby Barker
Holly Romine

January 15
Harold Ghearing

January 16
Linda Delcostello
Kenneth Hardesty
Pam Patrick
Bertha Watson

January 17
Robert Hartinger
Gloria Knece
Patricia Southward



January 18
Mona Toole

January 19
Carol Balthaser
Beverly Conrad
Kathleen Lloyd

January 20
Molly Morris
Pat Neal
Connie Wooten

January 21
Jean Strickler
Virginia Swoyer
Joann Wolfe

January 22
Rhonda Clark
Shirley Daubenmire
Brian Porter



January 23
Paul Barnes

January 24
Pamela Harris
Dick McClish
Sarah Van Hoose

January 26
Betty Drake
Mary Steele

January 27
Judy Beard

January 28
Shirley Lake
Bonnie True
Mary Williams

January 29
James Beathard
Sheran Cherrington
Patrick Smith

January 30
Margaret Palmer

January 31
Geraldine Reed
Linda Trimmer



SELF CARE & CELEBRATE

SOLE SOLUTIONS
Nurse Delivered Footcare



MONDAYS
JANUARY 9 & 23
9am—1:30pm

BY APPOINTMENT ONLY

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

PROMEDICA HOSPICE PRESENTS:



THURSDAYS, JANUARY
12 & 26 AT 12:30PM

JANUARY BIRTHDAY
CELEBRATION LUNCHEON

Wednesday, January 25,
11:30 am

Please RSVP if you would like to
join us! Those celebrating a
January birthday eat for FREE!

In Memory or Honor of...

Recognition Gifts to the Pickaway Senior Center allows 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, 2105 Chickasaw Dr, Circleville OH 43113*

EMPLOYEE SPOTLIGHT: Bonnie Lowry Vallette, Administrative & Program Assistant

Bonnie is a Pickaway native and a graduate of Teays Valley. She’s the youngest of five and the only child of Wayne & Marie Lowry to be born in Pickaway. She’s lived in Columbus with husband and TVHS classmate, Chris, for 30 years. After HS graduation, they both attended The Ohio State University and were still in college when they wed.



Bonnie graduated with a BS in Marketing and served in business banking and until her father became terminally ill and entered Hospice and Palliative Care. Bonnie, siblings, nieces, and nephews, helped her mother care for him at home for 3 years. Bonnie resigned from State Savings and began working for a temporary agency — which promptly placed her at Broad Street Christian Church. There she found rewarding work, accepted their offer of employment, and worked for 10 years before taking a position at St John’s Evangelical Protestant United Church of Christ, where she served as Church Administrator and Donor Manager for 11 years. Half way through her time at St John’s, Bonnie’s sister Susan received a terminal diagnoses, and once again family gathered to tend to Susan as her disease progressed. “We are a hospice family,” says Bonnie. “Hospice services can support life and wellbeing for those nearing death — and their loved ones. I am grateful for the experiences it provided our family.”

Five years ago, following a powerful purpose conference, Bonnie recognized her desire to serve in Hospice, Palliative, or Elder Care and accepted the Marketing & Donor Development Manager position at Brown Memorial Home. “I was home! Serving Elders, here, felt so very right!”

While the position at Brown didn’t last through its 125th Anniversary Celebration, Bonnie felt fortunate to find a position at Honor Home Health, where she served as a community liaison through the first two years of the Covid pandemic.

“I got Covid over Christmas 2021, and for the first time in my life I was unable to spend Christmas with my mother and family. I resigned from Honor and vowed to give up serving in Eldercare, then Holly called and invited me to apply for the open position here. I got the job and it is a wonderful way to serve the community I love. How lucky am I?”

SPECIAL THANKS TO THE FOLLOWING PEOPLE...

and invite you to join or renew!



New Members

- Bobby Barker
- Ellen Hilsheimer
- Frances Ann Barnitz
- Anna Lawless
- Jackie Vanover & Rick
- Melanie L Morgan
- Joann L Wolfe
- Forrest Traylor

\$10 Fund Donations

- Anonymous
- Jeanie Crider
- Dorothy Gormany
- Linda Harden
- Kathleen Lloyd

Your donations make a difference in our Community!

Memorial/Honor of Donations

In Memory of
Kimberly Howell Griffith
loving mother, daughter, wife

Given by,
Shirley Walters

~~~~~

In Memory of  
**Jim Harber**

*in honor of his December 21 birthday*

Given by,  
Rhea Harbor

~~~~~

In Memory of her Husband

Bill Fee

*on the anniversary of his passing,
January 4, 2021*

Given by,
Janet Fee

~~~~~

In Memory of

**Andra McGill**

*in honor of her November 29 birthday*

Given by,  
Jack McGill

~~~~~

In Memory of

Betty Braskett

& in honor of Meals on Wheels

Given by,
Nancy Braskett Brandt
Jim Braskett
the staff of Scioto Elementary
Susan Birse
Jacquelyn Writsel
Lorna McMillin
Edward & Glenda Sheets
Doris Jones
Dan & Brenda Marshman

~~~~~

~~~~~

In Memory of
Norval Shepard

Given by,
Harold & Dorothy Hewitt

~~~~~



*'tis the season for*  
**MEMBERSHIP RENEWAL**

In December, we spend a lot of time saying and singing *'tis the season* and your Center will continue that trend with...

**Membership Renewal Season!**

**Membership is \$10 per person, per year, and covers the postage cost for the monthly newsletter mailing. Most memberships are renewed January — March.**

Stop by the Center to renew your membership — or to join for the first time — and to share Congregate Lunch, or attend a program, or event. RSVP (740.474.8831) if you'd like to join us for lunch!

**Lunch is served at 11:30am, each day, Monday—Friday.**

Also, you have the option to donate an additional \$10 to the **Ten Dollar Fund**, which helps to defray day-to-day costs incurred by the Center.

**Exciting 2023 TRAVEL OPTIONS from your Center — by 2 by plane/4 by motorcoach**

Your Senior Center offers two fabulous flying and four motorcoach trips planned for 2023! Stop by the office for additional information about the four motor coach trips; a live, interactive presentation detailing the Canyons & Parks and Hawaii Trips is slated for **Thursday, January 19, at 1pm** in the cafeteria.



**CANYONS + NATIONAL PARKS**  
October 3: 13 days/12 nights

Fly to Vegas: Grand Canyon, Flagstaff, Monument Valley, Lake Powell, Zion, Bryce Canyon, Salt Lake City, Grand Tetons, Jackson, Yellowstone, Cody, Little Bighorn, Sheridan, Crazy Horse, Keystone, Mt Rushmore, Rapid City

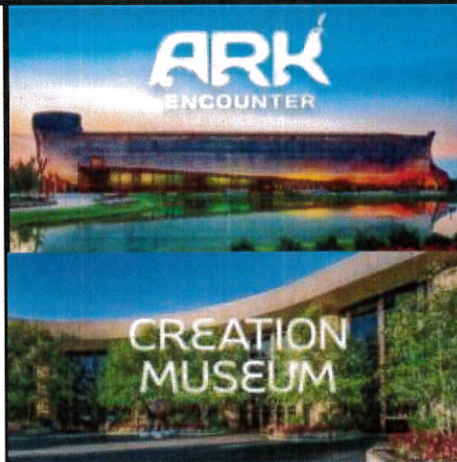
- \$3,575 per person, double occupancy
- \$4,600 single occupancy
- \$3,240 per person, triple occupancy



**TRAFALGAR'S BEST OF HAWAII**  
November 10 — 10 days/9 nights

Waikiki, Oahu's Beauty, Honolulu, The Big Island, Kona, Volcanoes National Park, Maui Flora & Fauna, Luau and Farewell dinner.

- \$5,186 per person, double occupancy
- \$6,347 single occupancy
- \$ 4,933 per person, triple occupancy



**THE ARK ENCOUNTER & CREATION MUSEUM**  
Tuesday-Thursday, April 11-13

- Motorcoach to Cincinnati with overnight lodging, four meals
- Admission to Ark Encounter
- Admission to Creation Museum
- BB River Cruise on the Ohio River
- \$399 per person double occupancy
- \$489 single occupancy



**NIAGRA FALLS USA**  
Monday–Friday, June 26-30

- Motorcoach to Niagara Falls NY
- Maid of the Mist, NY State Park
- Cruise the Erie Canal
- Buffalo, Pierce Arrow Museum
- \$659 per person double occupancy
- \$809 single occupancy



**WASHINGTON DC**  
Friday– Tuesday, September 8-12

- Motorcoach to DC area with four nights lodging, eight meals
- WWII, Korean, Vietnam Memorials; Embassy Row, Smithsonian, Capital Hill; Lincoln Memorial and more!
- Evn'ing Memorials/Monuments Tour
- Admission to Museum of the Bible
- Admission to Mount Vernon Estates
- Tram through Arlington Cemetery
- \$725 per person double occupancy
- \$934 single occupancy



**MYRTLE BEACH**  
*Holiday Shows*  
Monday–Saturday,  
November 13-18

- Motorcoach to Myrtle w/overnight stay; three overnights in Myrtle
- Three evening Christmas shows: *Legends in Concert, Carolina Opry, Alabama Theater*
- *Le Grand Cirque Christmas*
- *The Man of a Thousand Voices*
- Beaches, Boardwalks, LW Paul Living History Farm
- \$740 per person double occupancy
- \$939 single occupancy



**FRIDAY, APRIL 28, 2023**  
**6pm – 9pm**

**Tickets \$25 per person**  
**RSVP 740.474.8831**

Since 1972, the Senior Center has served the Elders of our county by providing quality services. As a 501(c)(3) non-profit organization, we depend on support from a variety of public and private sources.

During the pandemic, the Center continued to provide Home Delivered Meals, without fundraising, and, like 73% of all US nonprofits, this impacted our ability to fully meet the needs of those we serve. While home meal deliveries remain steady at around 400 clients each day, what has changed is the cost of food, milk, and gasoline which increased by 10.5%, 15.5%, and 17.5% respectively. As we emerge from Covid restrictions, those we serve have also emerged and the number of people who request supportive services has increased. It is time to renew our fundraising efforts!

**We invite your participation in our fundraising event, Friday, April 28, 6-9pm. A delicious dinner, exciting live and silent auctions, raffles, music, and celebration will be on tap for the evening! Our goal is \$50,000 in honor of the Center's 50th Anniversary. We invite your support, be it an item for auction or raffle, a cash donation, or your presence at the event, you are appreciated!**

**Event tickets are \$25 each and can be purchased at the Center; the Center accepts cash and checks. We look forward to this evening of celebration and hope you will be a part of its success.**



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**740.474.3121**



4-D-5-5

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

14-1576

**PICKAWAY SENIOR CENTER**

**January 2023 NEWSLETTER**



**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.

You're cordially invited to join the



**DRIVE THROUGH LUNCH**

**Wednesday, January 18, 12-1pm**

Wyngate, 745 Northridge Rd, offers Senior Housing and Assisted Living.

**Wendi from...**



**will share**

**BUCKETS OF MONEY**

(or at least information about how various Medicare buckets of benefits work and how you might make them work **better** for you!)

**Tuesday, January 17, 1pm**

**OSU EXTENTION**

**PRESENTS:**

**Using Online Grocery Ordering & Internet Safety Tips**



**TUESDAY, JANUARY 24, 1PM**

Ordering groceries from a smart phone or computer has become increasingly popular — but how do you ensure you receive correct items from your grocery list (or at least a similar product)? Join **Jessica Lowe** of OSU Extension on **January 24, 2023 at 1pm** for a how-to guide for using online grocery ordering! Plus, we will discuss some tips and strategies to help keep your information safe while using the Internet.



**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:

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4-D-5-5

For ad info. call 1-800-477-4574 • www.lpcommunities.com

14-1576




HEALTHY LIVING FOR BRAIN & BODY

Wednesday, January 11, 1 — 2 pm

For centuries, we've known the health of the brain and the body are connected. But now, science is able to provide insights into how lifestyle choices may help you keep your brain and body healthy as you age.

Join us to learn about hands-on tools you can use as you formulate your plan for healthy aging.

These tools are based on research in the areas of diet, nutrition, exercise, cognitive activity and social engagement.

 CRAFTING WITH *Sonya* of Pickaway Manor  
**WEDNESDAY, JANUARY 4, 1PM • RSVP ASAP**



Your Senior Center is the Home Delivered Meals provider for Pickaway County

Each driver travels 250 — to more than 2000 — miles in a month!

PICKAWAY COUNTY IS BIGGER THAN I THOUGHT...

The heroes who deliver home meals are "nutrition drivers" — how appropriate, right? One driver completes more than 2000 miles each month, two do more than 1500, and the remaining four each drive between 250 and 800 miles. Heroes, indeed!

\*data from November statics — see page 12 for more

GET THE FINEST CARE



HERE • THERE

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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**BROWN**  
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[BrownMemorialHome.org](http://BrownMemorialHome.org)

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

Non-Profit Org.  
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Permit #200  
Circleville OH 43113

*RETURN SERVICE REQUESTED*

Current Resident



## NOVEMBER STATISTICS

### Transportation

36 people  
209 transports  
**3976 miles**

### Adult Day Care

7 people  
95 transports  
**688 miles**

### Hot Meals Delivered

**7447 meals**  
**7800 miles**

### Meals Served In Person

**479 congregate meals**

### Fresh Produce Disbursed

**1610 pounds of produce**

### Commodities Disbursed

**98 families served**

## **DON'T MISS OUT**

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

Director's Desk ..... p1  
Overview of Services ..... p2  
Birthdays & Celebrations ... p3  
Recognition Gifts Form  
Employee: Bonnie Lowry . p4  
Welcome, Memorials, Thanks,  
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Events, Educations ..... p8  
Healthy Brains & Bodies,  
Did You Know!?! ..... p9  
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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

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



**ALL ARE WELCOME!**  
Tuesday, January 31, 11AM