

APRIL 2025

**ALTERNATIVES
FOR OLDER ADULTS**



April 2025 Vol. 21 No. 4

1515 Cedar Hill Road, Lancaster, OH 43130

Phone: 740-681-5050 Fax: 740-681-5046

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April is Volunteer Appreciation Month

Volunteer appreciation month is a time to recognize and appreciate volunteers who contribute their time, skills, and energy to their communities. Last year, 178 volunteers assisted at The Senior Hub—Meals on Wheels Program by donating 7,219 hours of service. We are so very grateful for all of our volunteers! Thank you for your service.



The smallest act of kindness is worth more than the grandest intention. ~Oscar Wilde



There is no safe level of nicotine use and the benefits of quitting begin immediately.

There is **free** help available.

 **Department of Health**
Tobacco Prevention and Cessation
Quit Line: ohioquits.org

▶ **1-800-QUIT-NOW (1-800-784-8669)**
▶ **ohioquits.org**

SCAMMERS BEWARE

The **Sheriff's Department** will join us for a **Lunch-n-Learn**

They'll share current scams, situations to look out for, and teach ways to help us protect ourselves.

When: Thursday, April 3, 2025
11:00 am—12:00 pm

Where: Lucy's Café at the Senior Hub—MOW Dining Room



While you dine, the Sheriffs will impart important information about the latest tricks scammers use. Hope to see you there.

ALZHEIMER'S ASSOCIATION

Central Ohio Chapter

**Fairfield County
Alzheimer's
Care Giver Support Group**

**Held at The Senior Hub Library
1515 Cedar Hill Road, Lancaster**

**Wednesday, April 9
2:00-3:00pm**

Build your network of support.

Share, learn, and gain emotional support from others who are also on the journey of caring for a loved one living with Alzheimer's disease or other forms of dementia.

**To register, please call the Aging Services
Office at 740-681-5050 option 4**

**Walk-In Hours at The Senior Hub
Wednesday, April 16, 11am-1pm**

Have your questions answered about caring for a loved one with Alzheimer's or other dementia.

Lindsay Blackburn

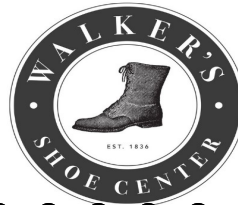
Alzheimer's Association-Central OH Chapter Representative



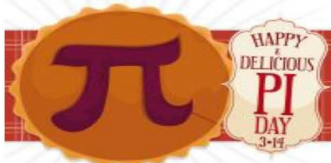
Happy
Pi DAY
March 14



FRIENDLY BREMEN
BANKING CENTER
A member of the VCNB financial family



Thank You
Delivery Sponsors



Commodity Box - Pickup at Meals on Wheels Parking Lot
April 16 & 17th. Pick up time 1:30 to 2:30
Please have photo ID ready
Please **DO NOT** arrive Before 1:15 on your pickup day



How do you keep a fool in Suspense?

..or how do you tell no tomorrow.



Are you experiencing:

Water leaks?

Absent GFI outlets?

Trip Hazards?

Missing handrails or grab bars?

Absent smoke alarms?

Trouble getting into your shower?

IS YOUR HOME HEALTHY?

Call us to schedule a free
Healthy Homes Inspection*

740-687-6663

*Must be a homeowner &
meet income qualifications



LANCASTER
Community Development



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

Falls Affect Us All

- **Physically**
- **Emotionally**
- **Financially**

**Do you find yourself not going out as much
because you worry about falling?**

Join us for this award-winning program!

A Matter of Balance will help you:

- Overcome the fear of falling.
- View falls and fear of falling as controllable.
- Engage in a range of motion exercises that increase strength and balance.
- Recognize fall risk factors.

Thursdays April 10, 17, 24
May 1, 8, 15, 22, 29
1:00pm- 3:00pm

The Senior Hub-Meals on Wheels
1515 Cedar Hill Road • Lancaster



**Registration
is required**

to attend. Call Sheila at 740-681-5050, ext. 119



In association with:



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 - This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.
A Matter of Balance Lay Leader Model - Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



Nutrition Services

April 2025



I am hoping by the time you are reading this the weather has warmed up, the sun is shining, and maybe you have had a chance to sit in the sun and enjoy beautiful weather.

My note to you is short this month. I want to let you know that we will be closed on Good Friday, April 18th, 2025. We will be sending a shelf-stable meal to use that day. There will be no one in the building to answer phone calls that day, please hold on to your meal to use Good Friday. We will resume meal delivery Monday, April 21st, 2025.

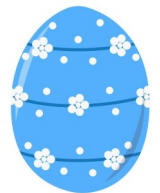
Happy Easter!

Amber Goines CDM, CFPP

Director of Nutrition Services



Foods prepared and served by The Senior Hub- Meals on Wheels contain no added salt. Ingredients are available by request for all foods prepared by The Senior Hub- Meals on Wheels.



What do you call a group of bunnies hopping away from you?

A receding hareline

Monday : Silver Sneakers, 10:30-11:15 & Book Group, 1:00-2:00

Tuesday : Chair Yoga, 10:00-11:00

Wednesday: Silver Sneakers, 10:30-11:00 & Loop Group Walking, 12:30-1:00

Thursday: Open Computer Lab, 1:00-3:00

Friday: Bingo, 10:15-11:15 & Chair Volleyball, 1:00-2:00

Free Blood Pressure Checks 10:00-1:00 April 11th. & 18th.





Tiz



Sandy



Terria



Joyce



Marie



Debbie



Kathy



Maxine



Rita



No Name



Shirley



Pat M.



Debbie



Tiz



Pat



Debby S.



Kathy M.



Rita



Terria



Sandy



Julia



Elsie



Joyce



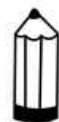
Bonnie



Frances



Golf Club



Tea Cup

Pencil



Carrot



Book



Hedgehog



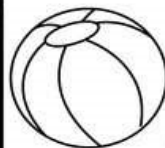
Heart



Pie



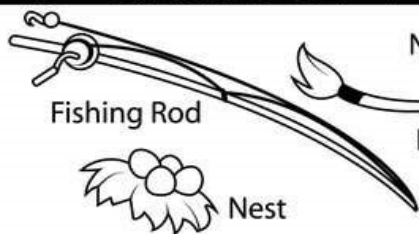
Feather



Ball



Banana



Fishing Rod

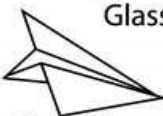
Nest

Neck Tie

Brush



Glasses

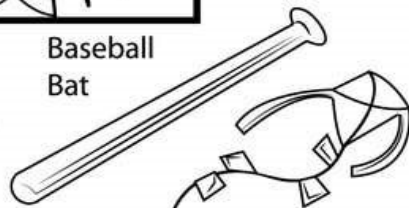


Paper Plane



Ice Cream

Baseball Bat



Kite

Arbor Day sprouted from the mind of a zealous tree lover named Julius Sterling Morton. A popular Arbor Day tradition is to plant a tree in honor or memory of a loved one. Learn some interesting facts about this day, and learn about the power of trees, which support our well-being!



“Other holidays repose upon the past; Arbor Day proposes for the future.”

Who Was Julius Sterling Morton?

Morton was born in Adams, New York, in 1832, but his life took a decisive turn on his wedding day in October 1854. After he and his bride, Caroline Joy French, were married in Detroit, they headed west for adventure in the wilds of Nebraska Territory. The couple settled on 160 treeless acres (the key word here is *treeless*).

Despite having a busy career and four sons, Morton planted thousands of trees on the homestead he called the Morton “ranche.” He planted an apple orchard, as well as peach, plum, and pear trees, plus cottonwoods, evergreens, beeches, and more.

Morton took every opportunity he could to spread the word. He gave speeches and filled his newspaper with agricultural advice, urging Nebraskans to plant trees and try new crops.

Today, the family home, Arbor Lodge, is a state park in Nebraska City, Nebraska. Over the years, Arbor Lodge grew from a four-room home into a 52-room mansion, complete with a terraced garden, a pine grove, and 65 acres of more than 250 varieties of trees and shrubs.

J. Sterling Morton died on April 27, 1902, at the age of 70. Just a month earlier, he had written that he hoped to plant trees as soon as the weather turned warm. A statue of him stands in the National Hall of Fame in Washington, D.C.



Did you ever hear in school, “You have 1 mouth and 2 ears so listen up”! Even though one of our very first senses to develop is LISTENING, what is the first thing we are taught as babies – TO TALK. As we grow and develop we have to be taught how to listen to others and truly understand what the other person is trying to communicate with us. This is essential to being a good caregiver. We must employ **ACTIVE LISTENING** to better understand our loved ones’ needs and desires. And we don’t have to have big ears like the bunny in the picture above to accomplish this!

What is Active Listening? Wikipedia states **ACTIVE LISTENING** is the practice of being fully present and engaged when someone else is speaking. It involves listening to understand, rather than just to respond. It is one of the most important communication skills for caregivers because you are fully focused on what the person in your care is saying and feeling. It is recognizing that the conversation is more about the other person than about you.

Why is **ACTIVE LISTENING** important for you as a caregiver?

- Builds Trust.
- Reduces Misunderstandings.
- It makes the other person feel heard and valued. It shows them that they matter to you.
- Promotes Empathy.

How do I **LISTEN ACTIVELY**?

Pay attention. Give the speaker your full attention and acknowledge their message. In other words, put down the phone and tablet, ignore distractions, avoid daydreaming, and shut down your internal dialogue.

Show you’re listening. Use eye contact and body language to show you’re engaged in the conversation. Sixty-five (65%) of a person’s communication is unspoken. To show the person you’re truly tuned in, use open, non-threatening body language. This involves not folding your arms, smiling while listening, leaning in, and nodding at key junctures.

Keep good eye contact. This tells the other person that you are present and listening to what they say. It also shows that you aren't distracted by anything else around you. Follow the 50/70 rule to keep it from feeling "weird". Maintain eye contact for 50% to 70% of the time listening, holding the contact for four to five seconds before briefly looking away.

Ask questions. Ask open-ended questions (not questions with a yes/no answer) to encourage the speaker to continue. This signals a genuine interest and curiosity in the other person. Examples include:

Can you tell me a bit more about that?

What did you think about that?

What do you think is the best path moving forward?

Paraphrase. Restate what the speaker has said in your own words to confirm your understanding. Examples include:

In other words, what you are saying is.....

I'm hearing that you're frustrated with this situation.

If you'd like to better understand something the person has said, ask for clarification.

Avoid interrupting. Be patient and give them time to explain what they are thinking.

Don't try to finish their sentences for them. Listen to understand, not to respond with your own thoughts and ideas.

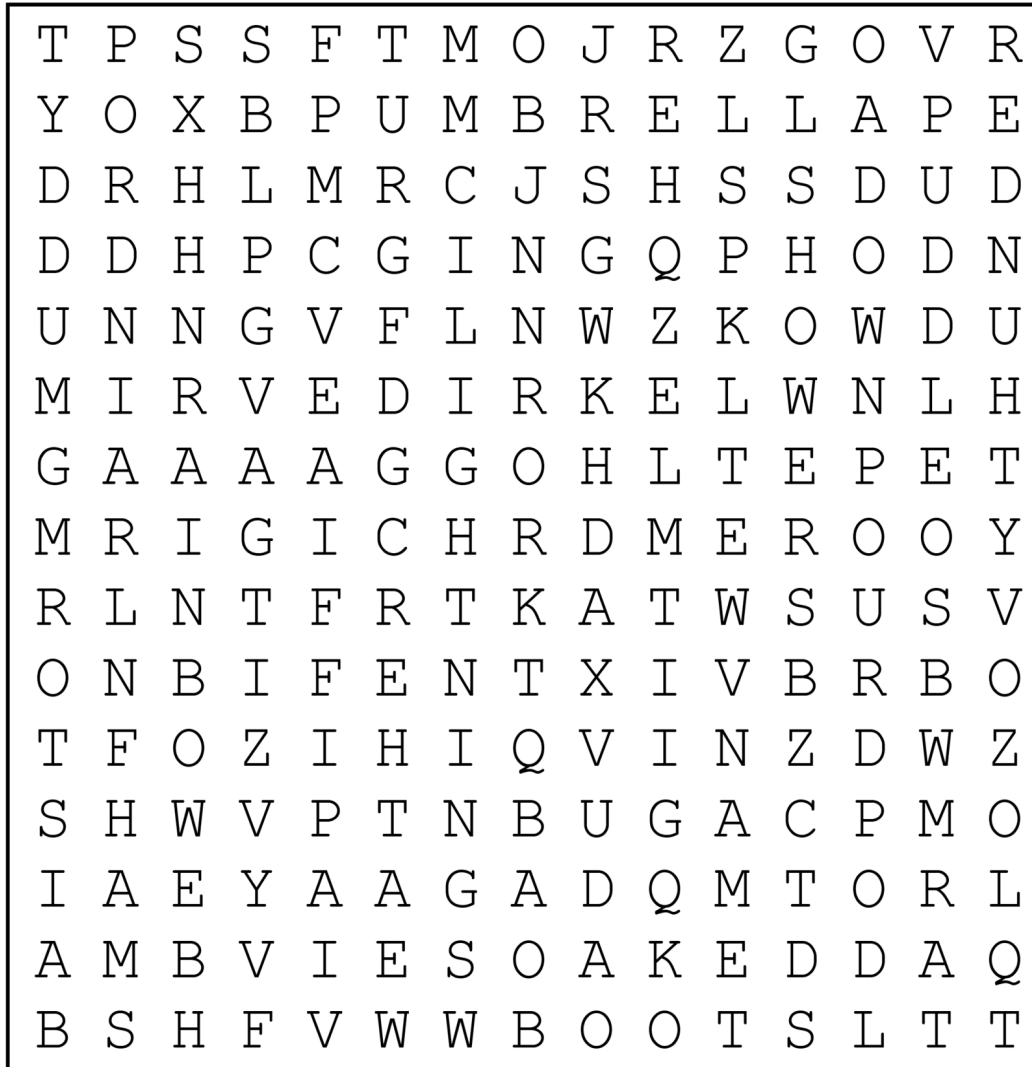
Listen without judgment. Remain neutral in your responses and this enables the other person to feel comfortable with sharing their thoughts. It makes the conversation a "safe zone" where they can trust they won't be blamed, criticized, or shamed.

Being an **ACTIVE LISTENER** for the person you are caring for will build their trust in you and empathy in you for their situation. The better we listen, the better we will be able to assist our loved ones as we do our very best to care for them well.

PREPARE TO CARE



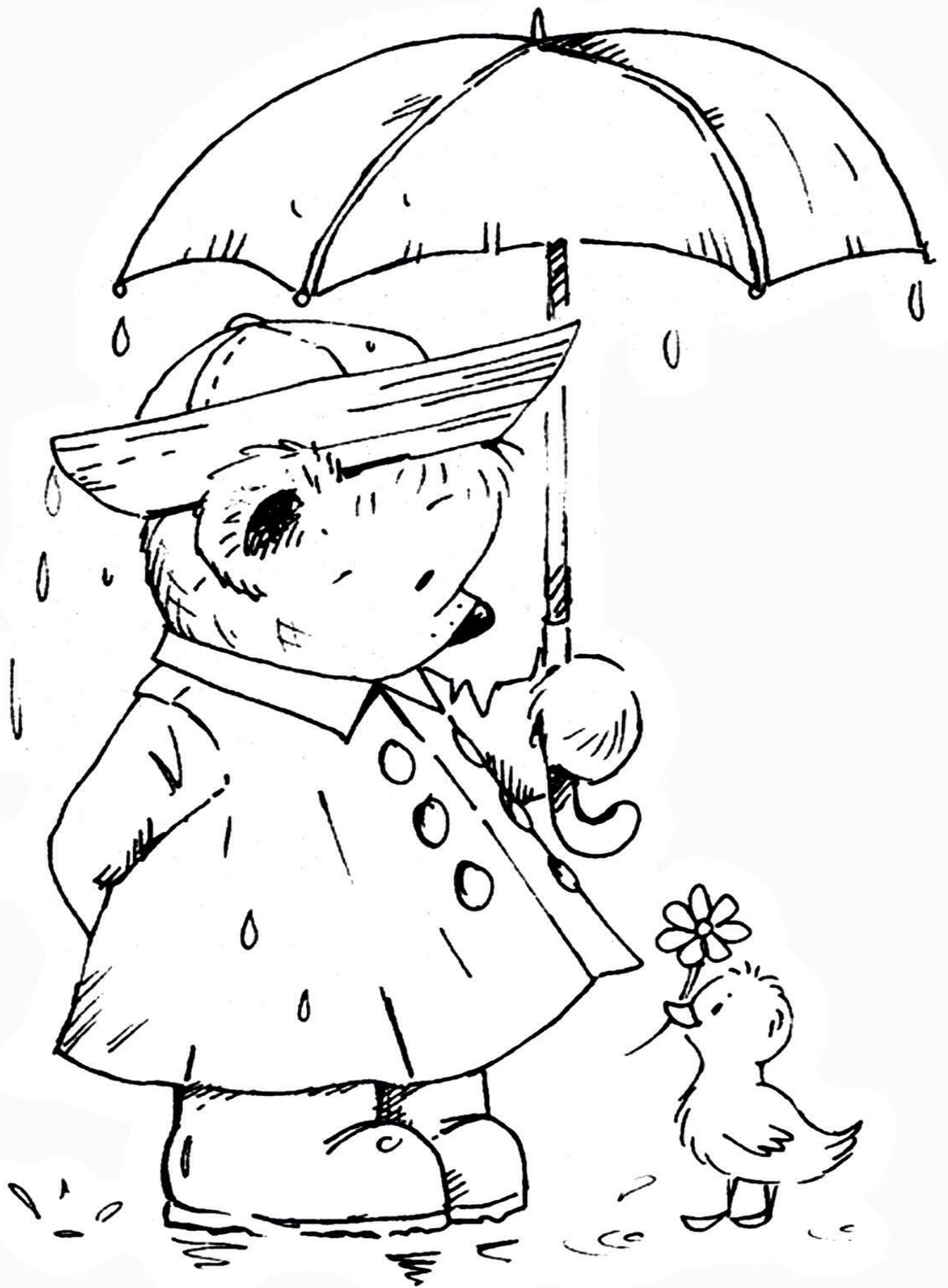
Spring Showers



Word list:

BOOTS
DOWNPOUR
LIGHTNING
MUDDY
PUDDLE
RAINBOW
RAINCOAT
RAINDROP

SHOWERS
SOAKED
SPRINKLE
STORM
THUNDER
UMBRELLA
WEATHER
WET



THE SENIOR HUB-KEY STAFF

Executive Director – Anna Tobin
 Arledge Director of Aging Services –
 Nutrition Services Manager – Tina Dickey
 Kitchen Production Coordinator – Melissa Holbrook
 Aging Services Office Manager – Amber Throckmorton
 caid In Home Services Coordinator -
 Route Support Manager – Rebecca Pessel

Director of Administrative Services – Sarah
 Director of Nutrition Services – Amber Goines
 Fiscal Manager – Amber Deible
 In-Home Services Manager – Leatha Whitney
 Community Educator/Activity Coord – Julianna Kin-
 Receptionist – Sharon Powell
 Vol./Trans. Coordinator - Linda Swartz

Care Coordinators – Joyce McGinnis, Kelly McCord, Debbie Zwicker, and Jackie Watters

3	4		8	2	6		7	1
		8				9		
7	6			9			4	3
	8		1		2		3	
	3						9	
	7		9		4		1	
8	2			4			5	9
		7				3		
4	1		3	8	9		6	2

1	4			6		8		
		8		1	9		6	
		3					4	
				6	5	8		
7								8
				1	7	4		
	7						9	
	1			7	3		6	
		6		4			5	3

MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS AND DONATIONS

PLEASE CALL 740-681-5050 to make a payment or go to www.mowfc.org

SARAH ARLEDGE—ext. #105 OR Amber Deible—ext. #124

For all Payments and/or Donations

PAYMENTS AND DONATIONS CAN BE MADE RECURRING UPON REQUEST

Celebrating 51 years of Service to Fairfield County Seniors

Regular Meeting of the Board of Trustees December 19, 2024

This newsletter is written by various staff members and edited by Sharon Powell