



MARCH
2025

ALTERNATIVES
FOR OLDER ADULTS



THE SENIOR
Hub

iii MEALS
on WHEELS
FAIRFIELD COUNTY

March 2025 Vol. 21 No. 3

1515 Cedar Hill Road, Lancaster, OH 43130

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

Website: www.theseniorhubfc.org

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REMINDER:



IF YOU ARE NOT GOING TO BE HOME FOR YOUR REGULAR DELIVERY,

please call to cancel your meal by 9:00am on the day of your cancellation. This is easy to do.

Call 740-681-5050 and press the number one. Leave your name, address, and the date of the day you need to cancel.

If needed, you can call 2 days in advance and we may be able to arrange for us to deliver a frozen meal the day before. This will ensure that you have a meal available when you return from your appointment.

Our drivers are unable to leave a meal in a cooler for you, they must make visual or verbal contact with you to leave a meal. Please do not ask them to do this. We want to make sure you receive a meal that is healthy and safe for you to eat.

Thank you for your cooperation.

Commodity Box - Pickup at Meals on Wheels Parking Lot
March 19th. & 20th. Pick up time 1:30 to 2:30
Please have photo ID ready



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 March





MY LOVED ONE NEEDS ME TO BE

THEIR CAREGIVER

Where do I start?



Caring for a family member or close friend is one of the most important roles you'll play. No matter where you are in the journey of family caregiving, having a good framework to help guide both you and your loved one will make the process easier. Below is a guide to assist you on your caregiving journey.

Start the conversation. Many people wait until a crisis occurs before they talk about their values and preferences, wishes for health care or details of their finances. If you wait until a fall, accident or serious diagnosis, big decisions may be driven by

assumptions. A lot of uncertainty can be avoided if you talk with your loved one before something happens. It's easy to put off these conversations because they can be difficult. You may be surprised to find your loved one has been meaning to have the talk, too.

Form your team. No one should try to approach the responsibility of caregiving alone. Trying to do everything yourself may lead to burnout and problems with your health and well-being. While other family members are likely sources of support, don't overlook friends, colleagues, clubs, or religious and other organizational affiliations as resources too.

Make a plan. Putting together a family caregiving plan now will help you respond more quickly and effectively should the need arise. It can also provide some peace of mind. A plan helps everyone get on the same page and keeps the focus on what's best for your loved one. The most effective family caregiving plans are made with the person you are caring for at the center of the discussion.

Find support. Many issues may arise during your caregiving experience that require additional information and resources. Don't hesitate to reach out to organizations and professionals with experience in helping, family caregivers such as local community resources and healthcare professionals.

Care for yourself. As a family caregiver, it's easy to forget about your own needs. Keeping up your energy and maintaining your health are critical in order to care for others.

Balancing caregiving with work and other family obligations can be stressful. It's just as important to make a plan to take care of yourself as it is to create a caregiving plan for others.

PREPARE TO CARE

Information provided by AARP

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TRUALTA

Free Online Resource for Caregivers
 Overwhelmed by Learning How to Be A Caregiver?
 Improve your confidence, reduce stress,
 and prevent burnout.

coaaa.trualta.com

This free-services offers on-demand videos with practical advice-Toolkits for quick, hands on learning-over 500 articles from caregiving experts that address your questoins.

A variety of topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Mobility and fall prevention
- Documents and decision-making

TRUALTA can help you on your caregiving journey.
 Sign up for free today!

coaaa.trualta.com

For additional information, call the Central Ohio Area
 Agency on Aging (COAAA) 614-645-7705.





The Senior Hub-Fairfield County

A one-stop shop for information and resources to help seniors thrive.

What is the Senior Hub?

The Senior Hub is Fairfield County's #1 source for senior services ensuring health, connection, and independent living for those 60 and older living in Fairfield County. The Senior Hub provides a variety of nutrition and supportive services designed to meet the needs of older adults and their caregivers.

Services Include:

- Information and Referral
- Case management
- Caregiver Support
- Home Delivered Meals
- Community Meal Programs
- Personal Care
- Homemaker Service
- Medical Transportation
- Emergency Response Systems
- Minor home repairs and maintenance
- Activities and Education
- Medicare Counselling
- Payee Services



Support. Service. Smart Aging.

Want to learn more?

740-681-5050
www.theseniorhubfc.org

Central Ohio Chapter

Fairfield County Alzheimer's Care Giver Support Group

Held at The Senior Hub Library

1515 Cedar Hill Road, Lancaster

Wednesday, March 12, 2025

2:00 – 3:00 p.m.

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:

740-681-5050, Option 4

Walk-In Hours at The Senior Hub

Wednesday, March 19, 2025

11:00 a.m. – 1:00 p.m.

Have your questions answered

REMINDER

Clients with Emergency Response System Buttons

If you have any changes to your Emergency contacts,

please call the Senior Hub/Meals on Wheels

so we can update your files for the Emergency Response System – Medical Guardian.

(740) 681-5050 Ext. 113



Nutrition Services



March 2025

The Senior Hub-Meals on Wheels has exciting news! We are getting a fire suppression sprinkler system installed throughout our facility. The addition of the system will allow us to fully utilize the space available to us within our facility and better serve you!

However, the installation process will require various areas of the agency to be shut down while installation takes place. With that being said, we unfortunately will have to close our kitchen area at some point during the project. The contractor has indicated the kitchen area may require up to two weeks for the installation of the system to that area. We are unsure of the exact date this will take place but want to provide you and your families with as much notice as possible.

Not to worry, we will make sure that we have provided you with shelf stable meals to use during this closure. These meals will be easy to use, nutritionally balanced meals approved by our dietitian. Our plan is to deliver 5 shelf stable meals on each Monday of our closure. As always, I encourage everyone to stock their pantries with additional goodies. Some of my favorite suggestions are peanut butter, granola bars, and tuna.

Please notify your families or neighbors of our closure if you need additional assistance.

The agency will remain open during the project and staff will be in the building during normal operating hours. If you feel you need an additional safety check during our closure, please notify us and we can add you to a call list.

If you have any concerns about this closure, please reach out to Anna at 740-681-5050 ext 116 or me at ext 115. We will do our best to ease your concerns.

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.



St. Patrick's Day

WORD SEARCH



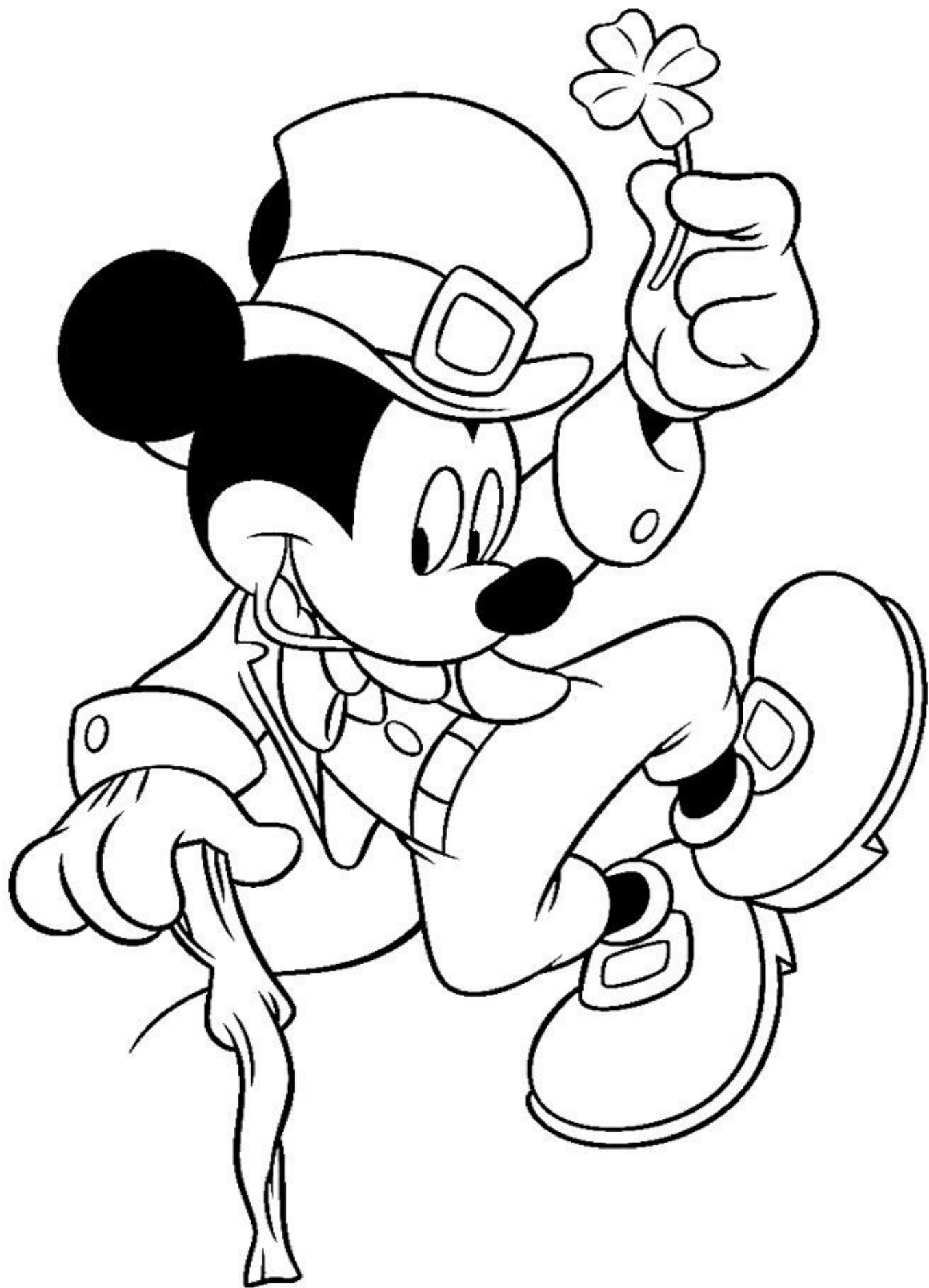
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LEPRECHAUN
SHAMROCK
ORANGE
CELTIC
MAGICAL

CELEBRATE
TRADITION
RAINBOW
GREEN
CLOVER

LIMERICK
EMERALD
POTATO
LUCKY
MARCH

IRELAND
BLARNEY
LEGEND
JIG
PARTY

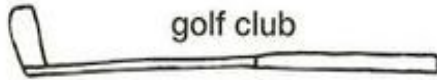




feather



pushpin



golf club



magic wand

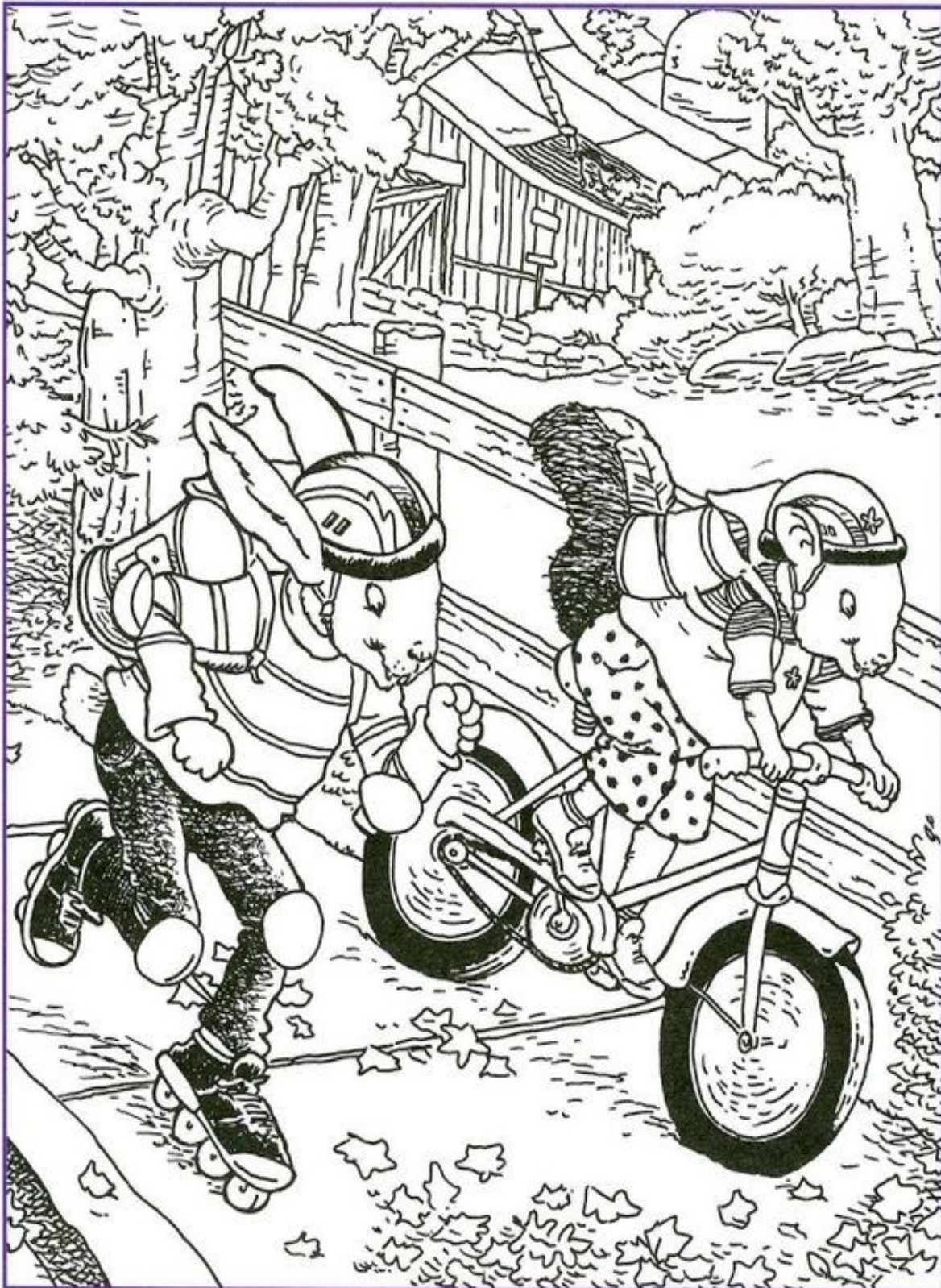


mitten

candle



ladle



crayon



tack



banana



slice of pie



shovel

THE LUCKY HORSESHOE OF ST. PATRICK'S DAY

Have you ever walked into someone's home and seen a horseshoe hanging above their door? Even though the horseshoe is associated with cowboy culture, the iron u-shaped shoe has been an Irish symbol of good luck for hundreds of years. It became a more well-known symbol through Hollywood's fascination with old folklore and fairy tales. Today, you can find the symbol just about everywhere. Jewelry, artwork, and even store decor have all utilized the horseshoe as a symbol of luck.

Why are horseshoes lucky?

It's not officially known where the symbol of the lucky horseshoe began. The tradition could have begun in 969 A.D. when the Catholic Saint Dunstan tricked the Devil or as far back as 400 B.C. with the Celtic tribes warding off evil fairies with iron.

Either way, it is widely known throughout many cultures that the u-shaped shoe represents good luck and the turning away of evil.

Have you ever been to a casino or watched a movie about gambling? If you have, then you'll notice that the number seven is known as the lucky number to bid on. This comes from the study of numerology- the branch of Paganism that deals with the significance of numbers, The number seven is considered to be the luckiest number. What does this have to do with horses and their iron shoes? The next time you have a chance to take a closer look at your horse's shoe, you'll notice that it has seven holes.

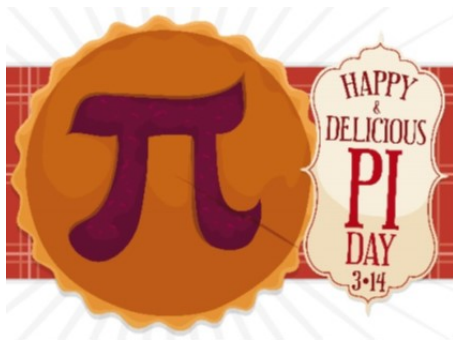
How do you hang a horseshoe for good luck?

There are many stories revolving around the proper way to hang a horseshoe for maximum good luck. The most popular way to hang one is with the edges pointing up. It is said that hanging a horseshoe this way will collect the luck and spread it to every corner of your house. Another way to hang a horseshoe is with the edges pointing down. If you hang it in this fashion, then the luck will pour out and onto

anyone who walks through your door. The other side of this story is if you hang a lucky horseshoe upside down you'll pour all of the luck out and render it ineffective.

Whichever way you chose to hang your lucky horseshoe this St. Patrick's Day, make sure it's hung alongside a colorful dose of fun. If you like a little extra flair with your decor, try painting your lucky shoe in a fun color or making a beautiful painting with them.





On March 22, 1972, President Richard amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For decades, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be.

Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, we can ensure seniors can live healthy, happy and independent lives.

Our agency will be reaching out to the community to join us for Community Champion's Week during the week of March 17-21. This is an opportunity for our community to learn more about the important and necessary work we do each and every day in caring for over 3,000 older adults living in all areas of Fairfield County. You may meet some of these volunteers while delivering your meals or working at the agency during Champion's Week.

Also during the month of March, we will be holding a 300 Club Raffle. Raffle tickets are \$10 each and one lucky winner will win \$1,000. Only 300 tickets are sold so your odds are pretty good.

We are also holding a Pi Day fundraiser to raise funds while also raising awareness to support our work. We are selling 9" pies for \$20.00 each and mini pies for \$10.00 each. The flavors are apple, cherry, mixed berry, peanut butter, and strawberry/rhubarb.

If you would like to participate, ask your driver or visit us online at www.theseniorhubfc.org for more information.





Central Ohio Chapter

Fairfield County Alzheimer's Care Giver Support Group

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

Wednesday, March 12 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, March 19, 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

Soup for Seniors

March 27th · 10:00am - 2:00pm Senior Hub Meals on Wheels 1515 Cedar Hill Road, Lancaster, OH 43130

Warm up with the Older Adult Network of Fairfield County, a program of The Senior Hub Meals on Wheels at Soup for Seniors!

Enjoy a variety of soups made by local senior serving organizations while you learn more about available resources for older adults living in Fairfield county.

After you've warmed up, you'll have your choice of two themed prize bingos sponsored by the Older Adult Network.



If you should have questions regarding this event please contact the Senior Hub at 740-681-5050 or OANFC@MOWFC.org



Super Bowl

22—40



SUPER BOWL WINNER

OF OUR GUESSING GAME IS:

M. Tedrick

CONGRATULATIONS



Need help navigating Medicare?

Does the high cost of your prescription medications have you scrambling to make ends meet?

Contact certified Ohio Senior Health Insurance Information (OSHIIP) counselor, Debbie Zwicker to learn more or to schedule a Medicare check-up.

740-681-5050 x 112 or by email dzwicker@theseniorhubfc.org

Prescription Drug Assistance is available for qualifying seniors.

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



March 9th.

2:00 A.M.



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