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**CLOSED FOR  
MEMORIAL  
DAY**  
REMEMBER AND HONOR

**ALTERNATIVES**

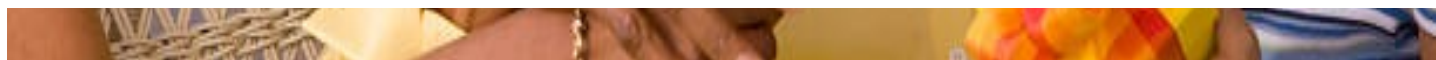
**MAY 2025**

**FOR OLDER**



**HAPPY MOTHER'S DAY**

**MAY 11, 2025**



THE SENIOR  
**Hub**

**in!!** MEALS  
on WHEELS  
FAIRFIELD COUNTY

May 2025 Vol. 21 No. 5

1515 Cedar Hill Road, Lancaster, OH 43130

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

## 2025 BOARD OF TRUSTEES

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Lara Wright-LSW, Case Manager, Fairfield Medical Center

Page 1 - Happy Mother's Day

### Table of Contents

Page 2 - Board of Trustees, Executive Committee, and Table of Contents

Page 3 - May Featured Services and Ad

Page 4 - Coloring Page

Page 5 - Target Circle, Alzheimer's and Available Now

Page 6 - Nutrition Services & Pet Appreciation

Page 7 - Older American's Month, Sudoku

Page 8 - Menu

Page 9 - Menu

Page 10 - Mother's Day Word Search

Page 11-- Federal Budget Updates & Pictures

Page 12 - Citizens of America, Rx Assist & Medicare

Page 13 - Open Computer Lab, Commodity Box & Activities Schedules

Page 14 - Caregiving

Page 15 - Caregiving

Page 16 - The Senior Hub Staff, Payments/Donations, Board of Trustees Meeting





## Caring for Someone with Parkinson's Disease

Parkinson's disease is a progressive disorder that affects the nervous system. Signs and symptoms may include tremors, slowed movements, rigid muscles, impaired posture and balance, loss of unconscious movements such as blinking and smiling, speech changes and/or it may become hard to write. Simple, routine tasks can become more challenging as

**Relocate frequently used items.** This would apply to the kitchen, bedroom and bathroom.

**Label drawers and cabinets.** Make it easier to identify the contents within.

**Simplify hygiene tasks.** This could include electric toothbrushes and razors.

**Substitute Velcro closures.** Help to make it easier to close shirt cuffs, waistbands and shoes.

**Make mealtime easier.** There are a variety of assistive devices such as covered cups, large-handled utensils and plate guards.

**Physical and Occupational Therapy.** Therapists can recommend a plan tailored to your loved one's needs and concerns.

**Cueing strategies.** Parkinson's disease impacts the ability to perform movements that are usually done without conscious thought, such as standing and walking. Simple cues can help remind your loved one to stop and think about their movements.

"Stand tall" if posture becomes too flexed

"Big steps" to decrease shuffling when walking

"March" when turning to keep their knees high

**Help with "freezing".** Many people with Parkinson's disease experience "freezing" episodes, as if their feet are stuck in place.

Stop all movement and take a deep breath

Make sure weight is even on both feet

Visualize stepping over or kicking an object

Shift weight to the side and step with the unweighted foot

March in place before stepping

**Help with hallucinations.** Hallucinations can occur with those diagnosed with Parkinson's. Hallucination means that someone hears or feels something that is not physically present. It is not a dream, it occurs when the person is awake.

Acknowledge your loved one's experience.

Try not to argue with your loved one about their experience.

Be sure to have your loved one's physician check their medical regimen for any changes needed in their care plan.

**Medications on time, every time.** Pills on time is a crucial concept in Parkinson's management. Pills are scheduled at a particular time of day to minimize symptoms as much as possible.

- Keep an updated list of medications handy at all times.
- Set up medications in a weekly pill box with a secure lid.
- Store all medication bottles and pill boxes in a secure place.
- Set a reminder for pill times.
- Remember to take your loved one's pills with you if you will be away from the home during the scheduled dosage time.
- Always check with your loved one's physician before adding any new over the counter medications to their regimen.

**Communication tips.** Many will experience a soft voice that is hard to hear. There can be a loss of automatic facial expression that can be misinterpreted as boredom, anger or sadness.

- Try to communicate one on one or in a small group setting
- Reduce or remove distractions
- Be close to each other when you talk
- Encourage your loved one to take a deep breath before beginning
- Give your loved one time to respond

**Help them cope with tiredness and fatigue.** Many will report a loss of energy and chronic fatigue, which may be disruptive to planned activities and schedules.

- Adjust your schedule. Schedule fewer activities during the day and/or break up tasks and errands into shorter time periods.
- Prioritize rest. Schedule brief rest periods or naps to restore their energy during the day.

**Keeping your loved one as safe as possible.**

**Driving.** Loss of flexibility in the neck and trunk, reduced reaction time and changes in ability to multi-task may affect your loved one's driving safety. Though it may be difficult to broach this topic, it is important to be realistic and seek medical advice and input if you notice changes.

**Use of power tools.** Tremors combined with balance and coordination changes can impact safe use of power tools. Slowed reaction time can also add to safety concerns.

**Kitchen appliances.** A person with Parkinson's may begin to have difficulty managing cooking which is often a multi-step process. Balance changes can make opening a refrigerator and oven doors difficult, and falls can occur when attempting to reach high shelves or carry objects from counter to table.





# IS YOUR HOME HEALTHY?

**Are you experiencing:**

*Water leaks?*

*Absent GFI outlets?*

*Trip Hazards?*

*Missing handrails or grab bars?*

*Absent smoke alarms?*

*Trouble getting into your shower?*

Call us to schedule a free  
Healthy Homes Inspection\*

**740-687-6663**

\*Must be a homeowner &  
meet income qualifications



## **The Senior Hub-Meals on Wheels Fairfield County May Featured Services**

**Senior Lockbox Program** - This program compliments our Personal Emergency Response System Program. Many older adults have an emergency pendant button or a mobile unit that they can press for emergency service, but if the older adult has fallen and can't get to the door to let the emergency personnel into the home, a window or door is broken to gain access. The Lockbox allows first responders to gain entry into a senior's home in the event of an emergency, without having to damage doors, locks or windows if the senior is unable to get to the door. The ERS lockbox code is known only to police and fire first responders and only used in the case of an emergency. To learn more, call Faith Fox, PERS Coordinator at 740-681-5050 extension 120.

**Food 4 Paws Pet Food Program** - The Senior Hub Pet Support Program recognizes the special bond between an older adult and their furry friends. Food 4 Paws program provides pet food, minor veterinarian care, flea/tick protection, limited grooming, and emergency boarding for the dogs and cats of very low-income clients of the Senior Hub.

To qualify for this program, low-income seniors who need help providing for their dog or cat must complete an application, meet income guidelines, and be enrolled in at least one other service with our program.

Pet food, supplies are available as funding allows and are not guaranteed. Specific brands of cat food and dog food are not guaranteed.

Funding for this program comes from cash donations, pet supplies donations, and grants. No Senior Services Levy or Title-III funding is used for this program. Call Amber Goines at 740-681-5050 extension 115.

### **Minor Home Modification and Maintenance Program.**

The Home Modification/Maintenance Program is available to older adults living in Fairfield County. This program provided minor home modifications and/or maintenance to the place of residence to promote accessibility, health, safety, and enable an older adult to remain living independently.

As with all of our services, eligibility for the program begins with an in-home assessment by our qualified staff. Once approval for the service is determined, the job is referred to a contracted provider or to a Senior Hub staff member to complete.

Contract providers are vetted to ensure quality services are provided. Minor Home Modifications/ Maintenance can include installing grab bars, handrails, accessibility ramps, repairs to HVAC systems, or other projects that supports the health and safety of an older adult within their living environment. Call Amber Throckmorton at 740-681-5050 extension 113.

*The road ahead is not some  
predetermined path I am  
forced to take, but a rich  
new direction I  
magnificently create.*



We're a **Circle**™ participant.  
Vote for us.



1 Choose  
My Target



2 Tap  
Cast votes



3 Find us &  
vote



Central Ohio Chapter

Fairfield County  
Alzheimer's  
Care Giver Support Group

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

Wednesday, May 14  
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, May 21, 11am-1pm

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

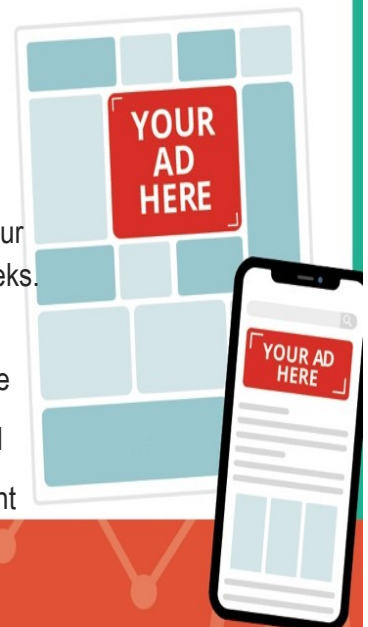
**Lindsay Blackburn**

Alzheimer's Association-Central OH Chapter Representative

**AVAILABLE NOW!**  
**PRINT & DIGITAL AD SPACES**

**Build your business and help us grow a vibrant community!**

**Dom DiPasqua** from LPi, our Senior Directory printer, will be securing new ads for our Senior Hub in the coming weeks. As a valuable member of the business community, we invite you to expand your reach and grow your business with a print



**Dom DiPasqua**

Mobile: 440-821-5567

ddipasqua@4lpi.com

# Nutrition Services

## May 2025

The Senior Hub- Meals on Wheels Fairfield County runs the Commodity program (CSFP) for Fairfield County. We currently do not have a waiting list, so this might be a good time to see if you qualify if you need help supplementing your food budget.

The Senior Hub does not decide what is put in the boxes, but they usually have a grain, canned vegetable, fruit, canned protein, shelf stable milk, and a block of cheese.

Please reach out to Linda Swartz at 740-681-5050 ex. 102 if you have any questions or would like to complete an application.

Reminder: We will be closed for Memorial Day, May 26<sup>th</sup>, 2025. We will be sending a shelf-stable meal soon. Please hold on to it until that date.

Amber Goines CDM, CFPP

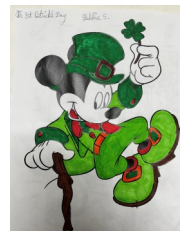
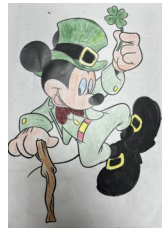
Director of Nutrition Services



**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.**







No Name



Bonnie



Pat



No Name



Joyce



Debbie



No Name



Sandy

## Federal Budget Updates: What it means for Our Services

Reassuring our community during a time of change.



### No Immediate Change to Federal Funding

As a new Presidential Administration settles in, changes in federal priorities are expected including potential budget shifts for programs like ours. During such times, it's easy to feel overwhelmed by the constant stream of news and updates. That's why we want to take a moment to clarify the situation and, more importantly, reassure you about the continuity of the services you rely on. At this time, we have not been notified of any cuts to the federal funds that help support our services. While the national conversation may include concerns about budget reductions, our organization remains steady and focused.



### Our Local Levy Keeps us Strong

We're incredibly fortunate to have the Meals on Wheels Senior Services Levy, which provides about 75% of our operating budget. By comparison, federal funding accounts for just 11%. Because of this strong local foundation, we do not anticipate any major service reductions at this time.



### Advocacy in Action: Our Voice Matters

Please know that the health, safety, and well-being of our clients continues to be our highest priority. Behind the scenes, we're actively advocating at both the State and Federal levels, sharing the stories, challenges, and the vital role our services play. We believe that by raising our voices, we help secure a stronger future for senior services—not just here at home, but across the country.

We're committed to protecting and expanding support for senior services here and nationwide. *Together, we are stronger.*

**Anna Tobin, Executive Director**





# OLDER AMERICANS MONTH



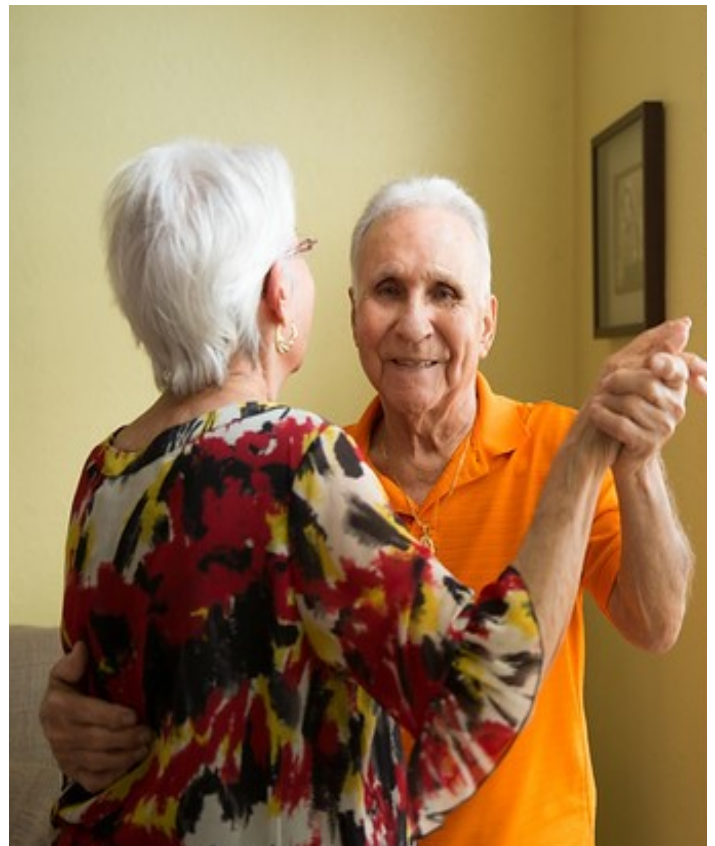
FLIP THE SCRIPT ON AGING: MAY 2025

Every May, the Administration for Community Living (ACL) leads the nation's observance of Older Americans Month (OAM), a time to recognize older Americans' contributions, highlight aging trends, and reaffirm our commitment to serving older adults.

The 2025 theme, Flip the Script on Aging, focuses on transforming how society perceives, talks about, and approaches aging. It encourages individuals and communities to challenge stereotypes and dispel misconceptions. This year, join us in honoring older adults' contributions, exploring the many opportunities for staying active and engaged as we age, and highlighting the opportunities for purpose, exploration, and connection that come with aging.

Need ideas for opportunities for staying active and engaged? Give our activity coordinator, Julie Kincaid a call 740-681-5050 extension 121.

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



# Mother's Day Word Search Worksheet

J G K O T M C J S K P Y N X U P M H D K  
D F Y K B M H A N T N F L U H A N F M S  
L B U Q K F E B W P R F T C G Z W Z L M  
N E I Y I X A I F J K H T V F E U Y E T  
A V M E M O R I E S D K C R L G U E Z Z  
X U R Y N A T U R E A W Y N O U I C G U  
A E R O A Q G Y D G B L M L W F W P I V  
F E C N A D I U G B N L U Q E K M S T X  
E R V R T O N F L N P I M U R V C O O U  
A T E J E X P U E K I T M D S E O E C Q  
Q T U T L H L S S C I R Y R E T P L J M  
D X C B H R T G G N I Z A M A V C Q F S  
W S A E I G R O N O H V V C Y H O O C J  
Y S L K P R U S M M Q N D Z R Z C T R I  
K S W I U S T A L V D Q N A P A Q W E G  
K B U G M R E H L T C X I B Y T K D Q D  
P J S U P P O R T D L K D G U V V E W M

Charming

Amazing

Comfort

Lovely

Memories

Support

Mummy

Nature

Laughter

Devoted

Respect

Honor

Guidance

Mother

Tribute

Advice

Flowers

Sunday

Caring

Heart



As a citizen of the United States of America, individuals have the opportunity to write to Congress to share their opinions on issues that are important to them.

Members of Congress consider those opinions as they make decisions about bills and laws. One example of persistent communication with Congress came from Sarah Hale, an American writer, who wrote to members of Congress and Presidents for 30 years asking them to make Thanksgiving a holiday. Her persistence paid off.

If you have thoughts to share with your Congressman, please use the information below To send a letter to let them know about issues of importance to you. Ohio Legislators.

Senator Troy Balderson  
Washington DC Office  
2429 Rayburn HOB  
Washington, DC 20515  
Office phone (202) 225-5355

Senator Troy Balderson  
12931 Stonecreek Dr.  
Pickerington, Ohio 43147  
(614) 523-2555



Representative Bernie Moreno  
Bricker Federal Building  
200 North High Street, Room 618  
Columbus, Ohio 43215  
(614) 469-2083

Representative John Husted  
SR-198 Russell Senate Office Building  
Washington, DC 20510  
(202) 224-3353



**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](mailto:dzwicker@theseniorhubfc.org)**

**Prescription Drug Assistance is available for qualifying seniors.**







## Open Computer Lab

What is your jam?

What do you enjoy doing on the computer? Do you know how to use the computer?

Do you want to learn something new? Wanna learn something old? Do you have questions about anything at all, such as: "How many people live in Ohio?" or "What do dung beetles eat?" or "How do I turn on this dern blasted thing?"

Come, take advantage of **Open Computer Lab**, here, at The Senior Hub. You can:

- Learn to navigate the computer
- Access your portals
- Play games such as Solitaire ♥♦♣♠
- Discover a whole new world
- Travel the globe
- Read the news
- And so much more.

There is always someone there to help. If you have a laptop or smart phone you don't know how to navigate, bring them in to get assistance.



The time and dates vary and are posted on the Activity Calendar. You can find the calendar on our website. If you would like to receive a paper Activity Calendar or have any questions, call Julianna 740-681-5050, ext 121

Commodity Box - Pickup at Meals on Wheels Parking Lot

May 21 & 22nd. Pick up time 1:30 to 2:30

Please have photo ID ready

Please **DO NOT** arrive Before 1:15 on your pickup day



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

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

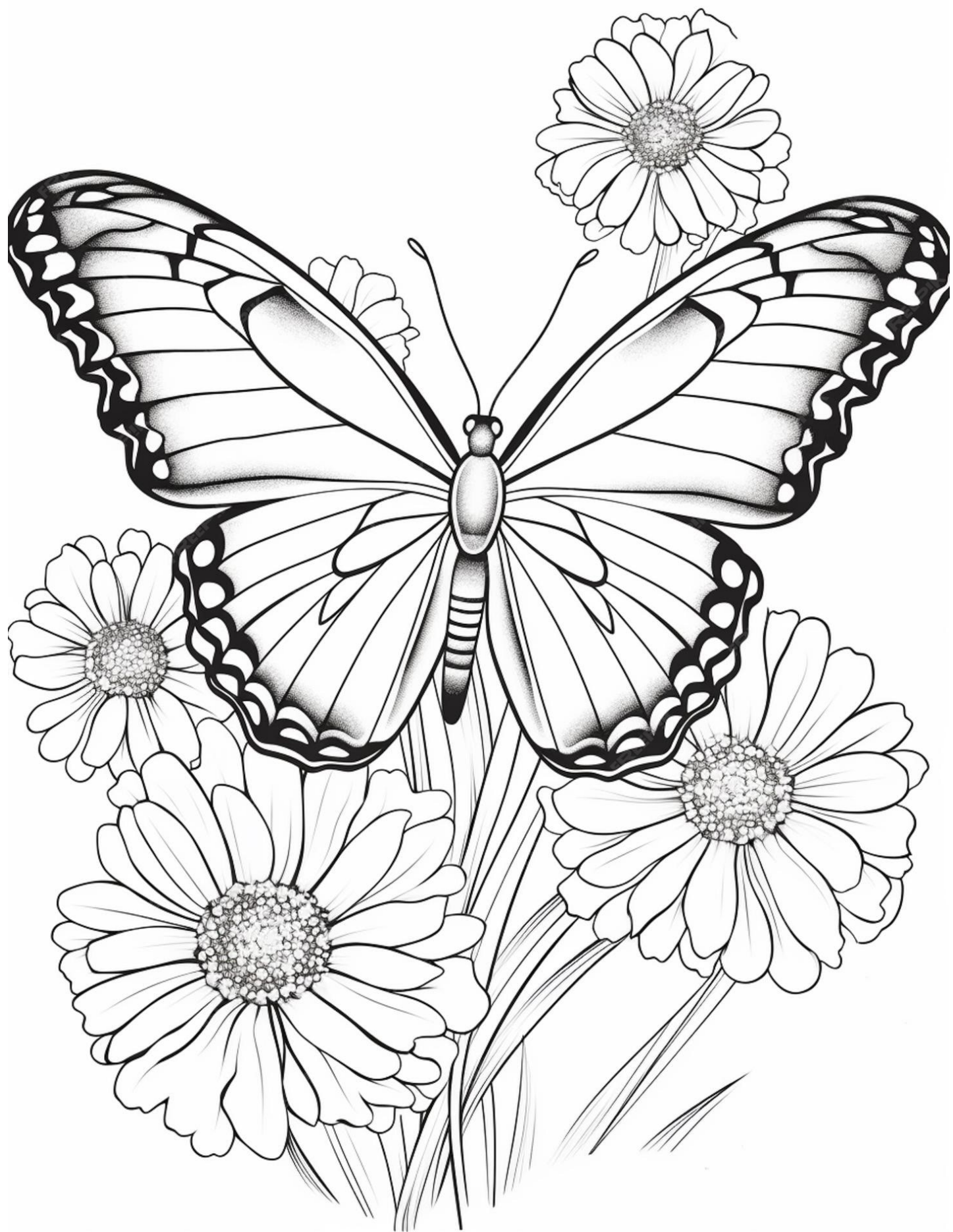
Wednesday: Silver Sneakers, 10:30-11:00 & Loop Group Walking, 12:30-1:00

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.**







## 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



### **MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS AND DONATIONS**

PLEASE CALL 740-681-5050 to make a payment or go to [www.mowfc.org](http://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