

for older adults

# Alternatives



April 2024 Vol. 20 No. 4

1515 Cedar Hill Road, Lancaster, OH 43130

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



## *Mother's Day Baked Steak Dinner*

*Saturday, May 11  
4:00pm-7:00pm*

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### **Table of Contents**

Page 1 - Mother's Day Steak Dinner Fundraiser Table of Contents

Page 2 - Board of Executive Committee, Board of Trustees, Key Employees, Table of Contents

Page 3 - Parkinson's Awareness Month, Weather Safety, PERS

Page 4 - Volunteers

Page 5 - Volunteers

Page 6 - Nutrition Services

Page 7 - Pi Day Fundraiser Sponsors

Page 8 - Menu

Page 9 - Menu

Page 10- April Showers Word Search

Page 11 - April Showers Poem & Sudoku Puzzles

Page 12 - Caregiving Article

Page 13 - Caregiving & Alzheimer's Disease

Page 14 - Solar Eclipse

Page 15 - April Fools' Day



## April is Parkinson's Awareness Month - 2024 Theme: #ABCsOfPD

Parkinson's disease is a chronic, progressive, neurological disease and is the second most common neurodegenerative disease in the United States. It's estimated to affect approximately one million people in the United States and the prevalence will rise to 1.2 million by 2030.

Research suggests the cause of Parkinson's disease is a combination of genetic and environmental factors, but the exact cause and progression of the disease is still unknown.

The symptoms of PD vary from person to person and can include tremors; slowness of movement and rigidity; difficulty with balance, swallowing, chewing and speaking; cognitive impairment and dementia; mood disorders; and a variety of other non-motor symptoms.

There is no cure for PD however, raising awareness, finding the right medications, and providing education on Parkinson's Disease can help those who are impacted by the condition.

Parkinson's disease is a progressive disorder that affects the nervous system and the parts of the body controlled by the nerves. Symptoms start slowly.

The first symptom may be a barely noticeable tremor in just one hand. Tremors are common, but the disorder may also cause stiffness or slowing of movement.

Parkinson's changes over time, making it necessary for patients and caregivers to adapt to changing roles along the way. Your loved one will likely need greater hands-on assistance.

Help ensure your loved one is regularly exercising. Exercise helps people with Parkinson's stay strong and

flexible, improve circulation and helps maintain the ability to do daily tasks.

Think big. Encourage your loved one to focus on maintaining large, exaggerated motions whenever possible.

In addition to the natural changes like hearing loss and cognitive changes that come with aging, it can be even more challenging to communicate when your loved one has advancing Parkinson's.

A person with Parkinson's is more than 33 percent more likely to experience a conversation breakdown due to non-movement OD symptoms such as changes to speech, decreased facial expression (also called "facial masking") and anxiety.

Everyone's Parkinson's experience is unique. And that's why The Senior Hub-Meals on Wheels is joining with the Parkinsons' Foundation as they share the ABCs of PD this April for Parkinson's Awareness Month.

The Parkinson's Foundation has created the ABCs of PD featuring 26 different aspects of the disease. Visit their website at [Parkinson.org/Awareness](http://Parkinson.org/Awareness).

Sources: Parkinson's Foundation; Mayo Clinic

Don't miss The Senior Hub - Meals on Wheels' April **Caregiving: Coping. Caring** information pages included inside this newsletter.

The caregiving pages are designed to help caregivers navigate through their important role as a caregiver.

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### Severe Storm and Tornado Safety Tips for Older Adults

Now that spring has arrived, so has the possibility of tornadoes. Here are some tornado safety tips. First, let's look at the difference between a tornado watch and warning.

- **A Tornado Watch** means a tornado is possible in your area.

- **A Tornado Warning** means a tornado has been sighted and may be headed for your area. Go to a safe area immediately! Your basement is the best location, but if you don't have a basement, go to a closet in the middle of your first floor. Stay away from windows.

- **Severe Thunderstorms and Lightning** - During a severe thunderstorm, it's important that individuals stay inside and away from windows. Even if it is not raining, lightning can still strike. Stay off your phone and do not take a bath or a shower during a thunderstorm.

### Personal Emergency Response Systems at The Senior Hub-Meals on Wheels

A sudden fall or medical emergency could threaten an older adult's health and independence. The Senior Hub-Meals on Wheels offers various styles of personal emergency response systems to assist you with living safely in the comfort of your own home. The monitoring systems are available when you need help - no matter what time of day or night - 24/7 - 365 days a year. When you push the call button with any of our units, you are connected with a trained call center specialist. You can speak with the person and tell them your emergency.

Your safety is important! Call Brian Roby, PERS Coordinator, 740-681-5050 to learn more about the Personal Emergency Response Systems. Also, ask about the lockboxes available so doors/windows do not have to be broken for the emergency response personnel to gain entry to assist you in your home.

**APRIL 21-27, 2024**

**SHINING A LIGHT ON THE PEOPLE AND CAUSES THAT  
INSPIRE US TO SERVE**

**NATIONAL VOLUNTEER WEEK**

The power to transform lives and our world, in general, is visible at every turn, and National Volunteer Week raises awareness about the need to beef up volunteer efforts, and preaches the gratifying sense of fulfillment derived through acts of volunteerism.

The word ‘Volunteer,’ derived from the late 16th-century French ‘volunteers’ meaning ‘voluntary,’ was associated with the military: “one who offers himself for military service.” In

the 1630s it began to transcend beyond the non-military sense.



The National Volunteer Week officially took root in the U.S. in 1974, many thanks to the 37th U.S. President, Richard Nixon, who established it with an executive order. It has since become a tradition followed by other emerging presidents to

date, growing to incorporate different willing participants and featuring a variety of projects and events that span throughout the week. The National Volunteer Week is organized by the U.S. organization — Points of Light Foundation whose mission is “to inspire, equip, and mobilize people to take actions that change the world” and Volunteering Canada — a charity initiative that provides expertise on volunteerism with the lens on increasing participation and quality of volunteer experiences.



**THANK  
YOU  
Volunteers!**

The Points of Light Foundation's formation was inspired by President George H.W. Bush's January 1989 rousing speech to the nation and volunteers, calling on them to become "a thousand points of light." The Points of Light Foundation was created in 1990, while Volunteer Canada, established in 1977, draws from the establishment of the National Volunteer Week in 1943 to recognize the contributions of women on the Home Front during World War II. It aims to provide national leadership and expertise on volunteer engagement, to increase the participation, quality, and diversity of volunteer efforts.

Our volunteers perform a variety of tasks; they help in the kitchen, dining room, warehouse, offices, and assist with delivering meals, groceries, and food boxes. Volunteers serve as friendly visitors, make tele-friend calls, and perform chore assistance. There are so many ways to volunteer with The Senior Hub-Meals on Wheels Fairfield County. We couldn't do all that we do without their help.



Last year, 173 volunteers gave 7,935 hours of service, drove 23,637 miles, and delivered 66,240 meals! Included in this article are just a few pictures of our dedicated volunteers.

This month we are shining a light on the volunteers who help make our world a better place by volunteering to serve alongside our staff in caring for our senior neighbors. During the month of April, we will honor our volunteers with a luncheon and a special gift to say thank you.



# Nutrition Services

In light of April being Volunteer Appreciation month, we want to introduce our Volunteer/Transportation Coordinator, Linda Swartz. Linda just recently joined our team, and she is the friendly voice you hear if you are calling to make a transportation appointment. She also has the important job of onboarding our awesome volunteers, some of whom you probably see when they are making a delivery or helping at a congregate site!



In her spare time, she and her husband of 42 years spend time with her two children and four grandkids. When she isn't busy chasing the grandkids around, she reads, does puzzles, and sings in the Lancaster Community Chorus. She is a busy lady, and we are glad that she spends some of her day here with us!



Amber Goines CDM, CFPP  
Director of Nutrition Services

**Attention!**

**COMING SOON!**

**In the next few weeks we are excited to offer new packaging on your meal. It's the same great food in nicer, new, more cost effective packaging! Be on the lookout!**

**Also, COMING SOON is the Solar Eclipse on April 8th. We are expecting to make deliveries to all meal clients without disruption that day. In the event that traffic is impassable or some other unexpected incident involving the Solar Eclipse and we can not make delivery, please use your shelf stable meal provided at the beginning of the Winter season.**

Sometimes we need someone to simply

*be there*, not to fix anything or do anything in particular, but just to let you feel you're supported and cared about.

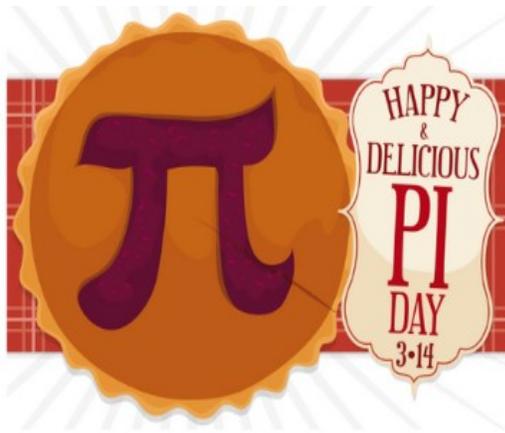


**2024 Pi Day Fundraiser Sponsors!**

**2024 Pi Day Fundraiser Sponsors!**

**Thank you to everyone who participated!**

**We hope you enjoyed your pies!**



**Edward Jones**

Tim Byers, Financial Advisor



**BUCKEYE**

AUTOMOTIVE FAMILY OF LANCASTER

Honda • Toyota



# April Showers

Here is a puzzle for you. See if you can find all of the hidden words in the grid. The words go up, down, diagonal and sometimes spelled backwards.



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

APRIL  
BASKET

BLUE

BOW

BUD

BULBS

BUNNY

CHOCOLATE

CROCUS

DAFFODILS

DRESS  
EASTER

EGGS

FAMILY

FLOWERS

GATHERING

GOOD FRIDAY

GRASS

GREEN

HAM

HATS  
HUNT  
HYACINTH

MOIST

PASTEL

PEEPS

PINK

PUDDLE

RAIN

RUBBERS

SHOWERS  
SLICKER

SLOSH

SOGGY

SPRING

SPROUT

SUNDAY

UMBRELLA

WET

YELLOW

# April Showers Brings May Flowers



April showers bring May flowers,  
 That is what they say.  
 But if all the showers turned to flowers,  
 We'd have quite a colorful day!  
 There'd be bluebells and cockleshells,  
 Tulips red and green,  
 Daffodils and Chinese squill,  
 The brightest you've ever seen.  
 You'd see tiger lilies and water lilies,  
 Carnations pink and blue,  
 Forget-me-not and small sun drop  
 Glistening with the dew.  
 We'd have fireweed and milkweed  
 And many more different flowers.  
 Mexican star and shooting star,  
 Falling in the showers.  
 And if all the showers turned to flowers  
 On that rainy April Day,  
 Would all the flowers turn to showers  
 In the sunny month of May?

- unknown author

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

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



could be hiding or throwing away the mail. If that's happening, you may want to redirect all their mail to a post office box or a trusted relative or friend's house.

- **Look for triggers** - Sometimes a person with dementia might start rummaging in response to a triggering event. Maybe they do it at a certain time each day, when they get bored, or they're agitated.

You may find that sticking to a regular daily routine helps because it gives structure and rhythm to the day. That reduces the uncertainty and anxiety that could trigger rummaging.

- **Make commonly used items easy to find** - Your loved one might have a valid reason for rummaging. They could be looking for a specific item, but can't find it and can't explain what they're looking for. Helping them see or locate commonly used items could help. You could put things in clear containers or specific drawers and label the contents.

Source: DailyCaring.com

## Managing Dementia Rummaging Behavior

Dementia or Alzheimer's disease can cause seniors to rummage through belongings. Your loved one may repeatedly dig through drawers and cabinets or search rooms over and over again. They might take items from one place, hide them all over the house, and then get upset when they can't find those things. Or, they might repeatedly re-organize things.

As disruptive or annoying as this can be, the important thing to remember is that the dementia is causing the behavior. Your loved one isn't doing it on purpose to bother you or create more work.

Understanding what's causing this behavior helps you respond without causing arguments. That minimizes conflicts, which makes life easier and less stressful for both of you.

Rummaging is a coping mechanism for the disorientation that dementia causes. The person with dementia is usually trying to reassure themselves that familiar items are still there or are trying to fulfill a need, like eating when hungry or doing something useful.

Attempting to get someone to stop rummaging or re-organizing can cause them to become increasingly agitated, paranoid, and determined to do it. Instead, manage the behavior so it's safer and less disruptive.

- **Protect valuable and important documents** - Your loved one's rummaging behavior might stress you out because they could lose or destroy items or important papers. The best solution is to remove anything of value or importance and lock them safely away.

This could include jewelry, legal or financial documents, checkbooks, credit cards, or keys. You could even replace some items with fakes so your loved one won't notice they're gone. Another concern is that the person



Central Ohio Chapter

Fairfield County

Alzheimer's  
Caregiver Support Group

Held in Meals on Wheels' Library

1515 Cedar Hill Road • Lancaster

Wednesday, April 10

2:00-3:00pm

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

To register, please call Linda at  
Meals on Wheels of Fairfield County

740-681-5050, ext. 119

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Walk-In Hours at Meals on Wheels

Wednesday, April 24 • 10am - 12pm

Have your questions about caring for a loved one with Alzheimer's answered by

**Lindsay Blackburn**

Alzheimer's Association - Central Ohio Chapter

## People with Alzheimer's Disease May Repeat The Same Thing Over and Over

Alzheimer's disease and other dementias cause problems with short-term memory which lead to repetitive behaviors. When your loved one asks the same question or repeats the same things over and over, this can lead to a major source of stress for family caregivers.

Your loved one isn't doing it on purpose to annoy you. They truly aren't aware that they're repeating themselves the second or tenth time. It's sometimes challenging to respond to the repetitive questioning without eventually snapping or letting the frustration show in your voice.

• **Why do people with dementia repeat themselves?** - In addition to short-term memory loss, potential causes of repetitive questioning include stress, anxiety, frustration, discomfort, and fear. A person with Alzheimer's disease is often unsure of what's happening, where they are, or what time of day it is. Those are pretty unsettling feelings.

If they're feeling uncomfortable or in pain, they may not be able to clearly express their needs. So, when your loved one is repeating the same thing over and over, they're not necessarily asking because they want an answer. They may be asking because they're feeling stressed or anxious and need reassurance or to have a physical need met.

• **Keep your answers brief** - Keeping your response as short and simple as possible tends to work best. It saves time and energy and reduces your exasperation

• **Distract with an activity** - Sometimes the only way to get someone with dementia to stop the repetitive questioning is to distract them with something they enjoy. That could mean offering a snack or favorite beverage. You could also ask them to help you with a simple task they can still do, like folding some laundry.

• **Escape for a few minutes** - It's sometimes tough to keep your cool and not snap at your loved one. We're all human and everyone's patience wears thin. Go outside and get a breath of fresh air, or listen to your favorite song. When you come back, you'll have had a little time to cool off and will be better able to handle your loved ones repetitive behavior with greater kindness.

Source: DailyCaring.com

## Some Dos and Don'ts for Visiting Someone with Dementia

To help everyone have a positive experience when visiting someone with Alzheimer's or dementia, a little advance preparation goes a long way. You can set visitors up for success by sharing some do's and don'ts ahead of time and create a calm environment so your older adult can focus better.

• Limit visitors to 1 or 2 people at a time. Too many people can be overwhelming.

• Minimize distractions by keeping the environment calm and quiet. Turn off the TV or loud music and ask any non-visitors to go to another room.

### Do

- Speak slowly and in short sentences with only one idea per sentence.

- Give them extra time to speak or answer questions, don't rush the conversation.

- Be okay with sitting together in silence. They may enjoy that as much as talking.

- Enter their reality. Go with the flow of the conversation even if they talk about things that aren't true or don't make sense.

- Share and discuss memories of the past. They're more likely to remember things from long ago.

### Don't

- Say "do you remember?" This can cause anger or embarrassment.

- Argue. If they say something that's not correct, just let it go.

- Talk down to them. They aren't children and you should show the proper respect.

- Talk about them with other people as if they're not there.

- Assume they don't remember anything. Many people have moments of clarity.

Source: DailyCaring.com

## 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](http://coaaa.trualta.com)

- On-demand videos with practical advice
- Toolkits for quick, hands on learning
- 500+ articles from caregiving experts

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](http://coaaa.trualta.com)

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

# Total Solar Eclipse

A total solar eclipse happens when the Moon passes between the Sun and Earth, completely blocking the face of the Sun. People located in the center of the Moon's shadow when it hits Earth will experience a total eclipse. The sky will darken, as if it were dawn or dusk.

Weather permitting, people in the path of a total solar eclipse can see the Sun's corona, the outer atmosphere, which is otherwise usually obscured by the bright face of the Sun.

A total solar eclipse is the only type of solar eclipse where viewers can momentarily remove their eclipse glasses (which are not the same as regular sunglasses) for the brief period of time when the Moon is completely blocking the Sun. The total solar eclipse in the United States will be coming up on April 8, 2024. After that, the next total solar eclipse that can be seen in the United States will be on August 23, 2044.

Dr. Ronald Benner, president of the American Optometric Association, told us last October that unsafe viewing of a solar eclipse can cause solar retinopathy, which is a type of retinal damage he compared to sunburn on the "satellite dish of the eye." Failing to wear proper eye protection will let in a dangerous amount of ultraviolet radiation and damage the macular tissue in the retina.



# April Fools' Day

## “April Fool’s Day” vs. “April Fools’ Day”

Don’t get fooled. The correct way to write this day is “April Fools’ Day.”

It’s been April Fools’ Day since the 1800s. Why? If you know your apostrophes, then you know that putting the apostrophe after an S means it’s a plural. There isn’t just one fool on this day; there are many pranksters running around;

## Origin of April Fools’ Day—How Did it All Start?

The origin of April Fools’ Day is unknown, but theories place its start hundreds of years ago. Some theorize that the idea of April Fools’ Day dates back to ancient Rome and a festival called Hilaria held at the end of March, where people would dress up in disguises and mock or imitate others.

## April Fools’ Day Pranks in History

April Fools’ Day is all about getting someone to fall for a prank or a made-up story. But some take it a step further. On April 1, 1905, Berliner Tageblatt, a German newspaper, reported that thieves dug a tunnel under the U.S. Treasury and stole \$268 million in silver and gold.

In 1975, the BBC aired a story on how Swiss farmers were experiencing a bumper crop for Spaghetti, complete with video of people harvesting noodles from trees.

In 1962, SVT (Sveriges Television) was the only TV station in Sweden—broadcast in black & white—and it announced that viewers could convert their existing sets to display color by pulling a nylon stocking over the screen.

In 1983, Boston University professor Joseph Bosken created a story about the origin of April Fools’ Day when speaking to a AP reporter. He said the day originated when Roman Emperor Costantine agreed to let one of his jesters, “Kugel,” become “King for a Day.” Boskin, of course made the entire story up.

In 1985, Sports Illustrated published a fictitious story by George Plimpton about a never-before-heard-of pitching a prospect by the name of Sidd Finch, who could throw a baseball 168 miles per hour. In 1992, NPR aired an interview with Richard Nixon where he declared his intention to run for president again. It was, of course not Richard Nixon, but rather an actor.

On April 1, 1996, Taco Bell announced it had purchased Liberty Bell and would rename it the Taco

Liberty Bell .

Found in: The Old Farmer’s Almanac/ Almanac.com



### Beware of Spring Home Repair Scams

It's beginning to get a little warmer and seniors will be thinking about having some yard work done, trees trimmed, maybe have the driveway resurfaced.

Beware of contractors just showing up at your door saying they can fix your leaky roof, install new windows, or provide the latest energy-efficient solar panels. Some drive around neighborhoods during the day, looking for older adults working in the yard or getting their mail. Scammers make a note of addresses, return and try to sell the seniors an unnecessary repair, such as getting their roofs fixed.

Many of these scammers are high pressure and telling you that you have to act right now. They want the money

upfront. Then they run off with your money and never make the repairs. Or, they do shoddy repairs that make things worse. Get the cost in writing and do not pay the full amount until the work is completed.

Seniors who are scammed may be embarrassed and try to hide what happened.

Two rules of thumb for seniors:

1. If it sounds too good to be true, it isn't anything you want to be involved with.
2. Go with you gut instinct. If it doesn't sound right, or you just don't have a good feeling about it - don't do it.

Sources: Federal Trade Commission

**Free!!**

## Blood Pressure Screenings

10:00a.m. - 1:00p.m.

April 5th & April 19th.

April 19th

**Every Friday!!!**

### At Meals on Wheels

10:15 a.m. - 11:15 a.m.

### At Meals on Wheels

10:15 a.m. - 11:15 a.m.



### April Commodity Box Pick-Up

- Last name beginning with **A-J** **Wed., April 17th. 1-3:00pm**
- Last name beginning with **K-Z** **Thurs., April 18th. 1-3:00pm**

**No drop-ins. Arrangements must be made prior to pick up of commodity box. No exceptions.**

### **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 for Meal Donations / Homemaking / Personal Care/Respite / Adult Day-care

BRIAN ROBY—ext. #118 for Lifeline

PAYMENTS AND DONATIONS

CAN BE MADE RECURRING

PayPal

*Celebrating 51 years of Service to Fairfield County Seniors*

**Regular Meeting of the Board of Trustees — April 25, 2024**

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

