



NATIONAL
PURPLE
HEART
DAY
AUGUST 7

Alternatives for older adults

AUGUST 21
IS
NATIONAL
SENIOR
CITIZENS
DAY!



THE SENIOR
Hub

**MEALS
on WHEELS**
FAIRFIELD COUNTY

August 2024 Vol. 20 No. 7

1515 Cedar Hill Road, Lancaster, OH 43130

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

Website: www.seniorhubfc.org



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We have another batch of puzzle books to distribute. There is a limited supply. If you are in need of healthy mind teasing fun,

call Julianna at 1-740-681-5050 @
ext. 121



Julianna Kincaid
Outreach / Activity Coordinator

Julianna has been with The Senior Hub—Meals on Wheels for 13 years. Julianna began her venture with the agency working in the kitchen and then moved into the administrative offices. With the exchange of hairnet for keyboard, she became the Administrative Assistant.

When the agency moved to its current location, Julianna took the roll as Receptionist while keeping many of the Admin Assistant duties. She enjoyed meeting and greeting everyone that walked through the front door, but change was in the air.

Beginning in January of this year, Julianna began working closer with the members and homebound clients. She oversees all of the activities, such as Bingo, Chair Volleyball, our new Digital Classes, and much more. Aside from activities, she educates senior groups about The Senior Hub's many wonderful services.





Every caregiver's situation is different.

Meals on Wheels is here to help with providing services and resources to help you navigate through your important role as a caregiver.

Caregiving can happen suddenly with an accident or disease diagnosis, or start gradually with driving your loved one to get groceries or see a doctor.

Caregiving can also happen long-distance, when you're coordinating care and services by phone or email.

We hope you will find this monthly section helpful as you care for your loved one.

Reduce The Risk of Wandering

Alzheimer's disease causes people to lose their ability to recognize familiar places and faces. It's common for a person living with dementia to wander or become lost or confused about their location, and it can happen at any stage of the disease. Six in 10 people living with dementia will wander at least once; many do so repeatedly. Although common, wandering can be dangerous - even life-threatening - and the stress of this risk weighs heavily on caregivers and family.

The following tips may help reduce the risk of wandering and can bring peace of mind to caregivers and family members; however, these actions cannot guarantee that a person living with dementia won't wander.

- Provide opportunities for the person to engage in structured, meaningful activities throughout the day.
- Identify the time of day the person is most likely to wander (for those who experience "sundowning" this may be starting in the early evening.) Plan things to do during this time - activities and exercise may help reduce anxiety, agitation and restlessness.
- Ensure all basic needs are met, including toileting, nutrition and hydration. Consider reducing, but not eliminating, liquids up to two hours before bedtime so the person doesn't have to use and find the bathroom during the nights.
- Avoid busy places that are confusing and can cause disorientation, such as shopping malls.
- Reassure the person if he or she feels lost, abandoned or disoriented.
- Assess the person's response to new surround-



ings. Do not leave someone with dementia unsupervised if new surroundings may cause confusion, disorientation or agitation.

Prepare Your Home

As the disease progresses and the risk for wandering increases, assess your individual situation to see which of these safety measures may work best to help prevent wandering.

- Use black tape or paint to create a two-foot black threshold in front of the door. It may act as a visual stop barrier.
- Install warning bells above doors or use a monitoring device that signals when a door is opened.
- Place a pressure-sensitive mat in front of the door or at the person's bedside to alert you to movement.
- Ask neighbors, friends and family to call if they see your loved one wandering, lost, or dressed inappropriately.

Source: Alzheimer's Association

How to Offer Help for Senior Incontinence

Incontinence is a common condition in the United States, affecting over 13 million people. Despite how common it is, many seniors with incontinence experience anxiety, shame, and embarrassment - causing them to hide their accidents and avoid getting help. However, seeking proper solutions allows people to manage the condition, maintain comfort and healthy hygiene, and stay as independent as possible.

That's why as a caregiver, it helps to understand the emotions behind incontinence.

Why Seniors Hide Incontinence

Many seniors have raised families and cared for others. So, needing help with something so personal can be hard to accept.

The senior might feel like they've lost dignity or independence when they aren't able to fully control their bladder, especially since accidents can be embarrassing and inconvenient.

Discussing incontinence is sometimes considered taboo, so hiding it can feel like one way for seniors to maintain control over the situation. But, this can contribute to health issues like urinary tract infections and prevent them from getting the proper care.

Changes in Personality or Behavior

Seniors with incontinence may become depressed or withdraw and avoid their usual social activities. They might avoid leaving the house or seeing friends for fear of having an accident in public. Or, they might make an unusual number of trips to the restroom every hour - significantly more than what's typical for them.

Changes in Wardrobe

Pay attention to your older adult's wardrobe to see if anything has changed. They might wear oversized clothing to absorb accidents or dark clothing to conceal stains. They could carry extra clothes and change several times a day.

How to Offer Help

Instead of accusing your loved one of covering things up, be someone they can confide in and let them know you're there to help with anything they need. Speaking with them one-on-one in a place where they feel comfortable is a non-threatening way to approach the topic.

Initial conversations might end with denials, but it's important to start the discussion and let them know that you're there to support them. In time, they'll

hopefully let you know what kind of help they need.

That gives you the opportunity to suggest speaking with their doctor to find out if the incontinence could be caused by a medical issue or medication side effect. Or, to offer help to find incontinence products that are effective and comfortable.

Note: It's generally better to avoid using the word "diaper" since that can feel demeaning. Disposable underwear incontinence briefs, briefs, or pull-ups are more neutral terms that can help prevent embarrassment and reduce resistance to help.

Source: DailyCaring.com

Opportunities for Caregivers to Share and Learn

presented by the



Central Ohio Chapter

Wednesday, August 14

2:00-3:00pm

Fairfield County Alzheimer's Caregiver Support Group

The goal is to provide a consistent and caring place for caregivers to learn, share and gain emotional support from others who are also on the unique journey of caring for someone living with Alzheimer's disease or another dementia.

To register, please call Linda at
Meals on Wheels of Fairfield County
740-681-5050, ext. 119

Wednesday, August 21

11:00am - 1:00pm

Walk-In Hours at Meals on Wheels Lindsay Blackburn

Alzheimer's Association - Central Ohio Chapter

Lindsay will be available from
11am to 1:00pm on Wednesday, August 21 to
answer your Alzheimer's questions.

Have You had any Number Changes?

Good communication is important to everyone. It is important to Meals on Wheels to continuously update our clients' contact information so we can keep you informed.

In case of an emergency, having the most updated contact information for emergency contacts is extremely important.

We need your help with keeping us informed of any changes to your address, phone number, or emergency contact information. It's easy to do and only takes a few minutes.

Call Meals on Wheels at 740-681-5050 and ask for the Aging Services Office or ask to speak with your Care Coordinator.

- Tell us you have a new phone number, address and/or a change with your emergency contacts.
- Give us your old phone number.
- Give us your new contact information, or emergency contact information.

When Meals on Wheels Care Coordinators talk with you on the phone about services, they will be asking you if your contact information is up-to-date – specifically your phone number; if there's been an address change; and if there have been any changes to your emergency contact information. We appreciate your help in keeping numbers updated!

LIFE HACK: Use a cloths pin to hold a nail while hammering.



Caregivers

You are
not alone.

We all
need a hand.

Call us. We're here to help you and your loved one.



Meals on Wheels of Fairfield County provides services for older adults and their caregivers. You have options - you choose the services that best fit your needs. Call the Aging Services Office at 740-681-5050.

Services include:

- A Caregiver Support Program to help ease some of the stress caregivers face every day.
- Respite Care, Personal Care and Homemaking
- Medical Transportation
- Personal Emergency Response Systems
- Adaptive Equipment such as shower chairs, transfer benches, wheelchairs and walkers.

Whether you're a new caregiver learning about the first steps of caregiving, or an experienced caregiver wanting to learn additional ways to help with the caregiver journey, Meals on Wheels is here to help.

National Senior Citizens Day recognizes seniors who have spent their lives contributing to society and have impacted everyone's lives for the better. Improved healthcare has changed demographics and increased productivity of older citizens, allowing them to be more active than ever before. With more opportunities available as well, many senior citizens now begin second careers and are an example for younger generations. The country's foundation and stable sectors are the result of the hard work of our senior citizens and they deserve all our gratitude.

~nationaltoday.com

Nutrition Services

August 2024

I have been getting a surplus of calls from clients asking us to leave meals in coolers or hanging on the door, etc. because they are unable to be home during meal delivery. I want to remind everyone that we cannot leave a meal without contacting you. Please DO NOT ask our drivers to leave meals when you are not home. If you know with at least 2 days' notice that you will not be home during delivery, please call Jared at 740-681-5050 EXT 106 and ask for a frozen meal to be delivered the day before so you can have a meal. I appreciate your help with this!

Amber Goines CDM, CFPP

Director of Nutrition Services



Foods prepared and served by Meals on Wheels contain no added salt.

Ingredients are available by request for all foods prepared by Meals on Wheels.



^ Sandy



^ Rita



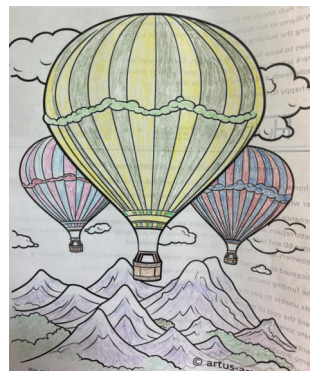
J. Fauble ^



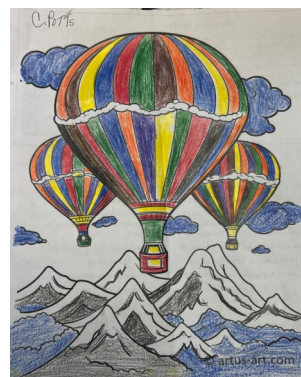
^ Betty



Maxine



Ruth



C. Potts



Debbie S.



The award known as the Purple Heart has a history that reaches back to the waning days of the American Revolution. The Continental Congress had forbidden General George Washington from granting commissions and promotions in rank to recognize merit. Yet Washington wanted to honor merit, particularly among the enlisted soldiers. On August 7, 1782, his general orders established the Badge of Military Merit:

This award was open only to enlisted men (Privates, Corporals and Sergeants) and granted them the distinction of being permitted to pass all guards and sentinels as could commissioned-officers. The names of the recipients were to have been kept in a "Book of Merit" (which has never been recovered).

At the present time there are three verified recipients of the Badge of Military Merit: Sergeant Elijah Churchill, 2nd Continental Dragoons; Sergeant William Brown, 5th Connecticut Continental Line Infantry and Sergeant Daniel Bissel, 2nd Connecticut Continental Line Infantry.

Washington stated that the award was to be a permanent one, but once the Revolution ended, the Badge of Military Merit was all but forgotten until the 20th century.

General John J. "*Blackjack*" Pershing suggested a need for an award for merit in 1918, but it was not until 1932 that the modern Purple Heart was created in recognition of Washington's ideals and for the bicentennial of his birth. General Order #3 announced the establishment of the award:

On May 28, 1932, 136 World War I veterans were conferred their Purple Hearts at Temple Hill, in New Windsor, NY. Temple Hill was the site of the New Windsor Cantonment, which was the final encampment of the Continental Army in the winter of 1782-1783. Today, the National Purple Heart continues the tradition begun on these grounds in 1932, of honoring those who have been awarded the Purple Heart.

The Purple Heart has undergone many changes with respect to the criteria for being awarded. At first, the Purple Heart was exclusively awarded to Army and Army Air Corps personnel and could not be awarded posthumously to the next of kin. In 1942, President Franklin Roosevelt signed an executive order allowing the Navy to award the Purple Heart to Sailors, Marines, and Coast Guard personnel. Also in that year, the Purple Heart was made available for posthumous awarding to any member of the Armed Forces killed on or after December 6, 1941.

Originally the Purple Heart was awarded for merit. Being wounded was considered to be one type of merit. With the creation of the Legion of Merit in 1942, the award of the Purple Heart for merit became unnecessary and was therefore discontinued. Currently, the Purple Heart, per regulation is awarded in the name of the President of the United States to any member of the Armed Forces of the United States who, while serving under competent authority in any capacity with one of the U.S. Armed Services after April 5, 1917 has been wounded, killed, or has died after being wounded by enemy action.

By: Amy Tikkanen

Playing hide-and-seek?

Can you find these things in the big picture?



funnel



ice-cream cone



candle



fork



baseball cap



teacup



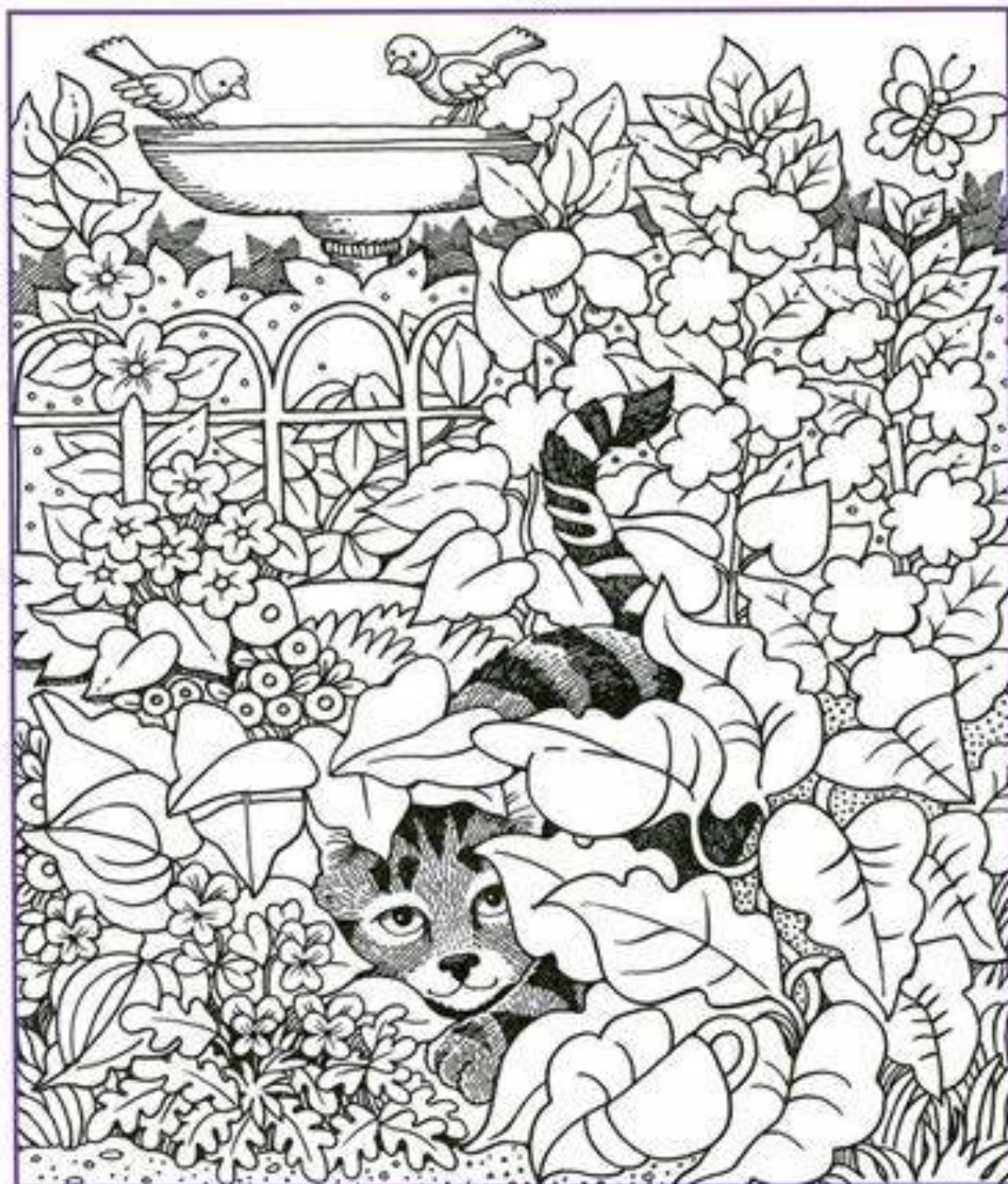
saw



shoe



mushroom



banana



sailing boat



crescent moon



heart



cupcake

80s Movies

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

AIRPLANE

AMADEUS

BATMAN

BIG

BODY HEAT

COCOON

DAS BOOT

DIE HARD

DINER

FRANCES

GANDHI

GLORY

GOONIES

GREMLINS

PLATOON

PREDATOR

RAIN MAN

RAN

REDS

SCARFACE

SILKWOOD

SPLASH

STRIPES

TAPS

TOOTSIE

TOP GUN

TRON

WARGAMES

WITNESS

YENTL

Fairfield County Caregiver Support Group



Presented By: Alzheimer's Association Central Ohio Chapter

Please join us for an in person caregiver support group.

Each month on the 2nd Wednesday from
2pm-3pm located at:

Meals on Wheels of Fairfield County
1515 Cedar Hill Rd. Lancaster, OH 43130

Next meeting: Wednesday, August 14th, 2024

To register please call Meals on Wheels of Fairfield
County at 740-681-5050, extension 119

To learn more call 24/7 at 800.272.3900

Build a support system with people who understand.

Alzheimer's Association support groups, conducted by trained facilitators, are a safe place for people living with dementia and their care partners to:

- Develop a support system.
- Exchange practical information on challenges and possible solutions.
- Talk through issues and ways of coping.
- Share feelings, needs and concerns.
- Learn about community resources.



We enjoy seeing your artwork, so please share with us, if you color this picture.

Quality Survey Time

It's that time of year again when we solicit your input on the services you receive through the Meals on Wheels Program. Each response is read and tallied to help us improve services and better meet the needs of those we serve. Please note: home delivered meal clients will receive the survey in the meal sacks. Congregate clients will be asked to complete the survey at their dining sites. Clients receiving other services will receive their survey through the mail. Please fill out the survey and send it back with your driver, drop it at the reception desk, leave it with your site manager, or drop it in the mail before the end of July.

If you have questions about the survey, give us a call!

740-681-5050

Silver Sneakers

The silver sneakers program offered at our Senior Services Center is open to older adults age 60 and older, living in Fairfield County. In fact, all recreational and educational activities through the agency are available to older adults living in Fairfield County.

The Senior Hub-Meals on Wheels will be offering the program at 1515 Cedar Hill Road, Lancaster. The class will be offered Monday and Wednesday 10:30am to 11:30am. The Senior Hub-Meals on Wheels is partnering with the local YMCA to provide instructors for this class. It may be covered by Medicare.

A one time registration is required and will take a few minutes of your time. Once you become a member, you may attend all activities offered by the agency and you may eat in the dining room.

Call our Aging Services Department for more information, 740-681-5050 ext. #121.

- Bingo every Friday, Everybody wins, 10:15 - 11:15
- Chair Volleyball, Every Friday, 1:00 - 2:00
- Blood Pressure Screening, Free, 10:00 am - 1:00 pm
- August 8th. & August 22nd.

Commodity Box Pick Up at St Mark's Church

Last name beginning with A-J Wed. August 21st. 1-3pm.

Last name beginning with K-Z Thurs. August 22nd. 1-3pm.

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

You must complete an application and meet income guidelines to be eligible to receive a Commodity Box.

Applications are available at: The Senior Hub • Aging Services Office 1515 Cedar Hill Road • Lancaster

Voting with a disability

All polling places in Ohio are required to be accessible to voters with disabilities. If you need assistance marking your ballot because of a disability, two precinct election officials — one from each major political party — may help you. Or you can bring someone to assist you, as long as they aren't your employer, an agent of your employer or union, or a candidate. You may vote curbside if you're unable to enter your polling place. A ballot will be brought to you, so you can vote from your car or at the voting site's door. More resources for voters with disabilities are available at the [state elections website](#).

Voting from a nursing home or long-term care facility

If you are confined to a nursing home or long-term care facility and cannot vote in person on Election Day, you have the option of voting via an absentee ballot.

Michelle Tuccitto Sullo is a states writer and editor for AARP. She previously served as managing editor of the Hartford Business Journal in Connecticut and has also worked for the New Haven Register, the Connecticut Law Tribune and New Haven Biz. Elissa Chudwin contributed to this story.

2nd annual
Fairfield County
Senior
EXPO
& Health Fair

FREE ADMISSION
FREE PARKING

Giveaways • Door Prizes • Refreshments
Vendors • Speakers • Demonstrations
And much more!

FRI., AUG. 23

10 am - 2 pm

Fairfield County Fairgrounds

152 E. Fair Ave, Lancaster (Ed Sands Building)

Presented by



**NATIONAL TELEHEALTH
SOLUTIONS**

Produced by



This event is a must for all seniors and their caregivers!

GENERAL ELECTION 2024

The next general election will take place on Tuesday, November 5, 2024. Our friends at AARP provided a great article on recent voting changes in Ohio and other important guidance for participating in the upcoming election.

Recent voting changes in Ohio

Laws that took effect in 2023 may change how you vote in the 2024 elections:

Voters must show a valid photo ID, such as an Ohio driver's license or U.S. passport, when voting at the polls. Other documents, such as a paycheck, utility bill or Social Security card, are no longer considered valid. If you do not have a valid photo ID, you can obtain a free state ID card at any Bureau of Motor Vehicles deputy registrar license agency in Ohio. More information is available at the BMV website.

- The deadline to request an absentee ballot is seven days before an election. Previously, it was three days.
- Your county board of elections must receive your absentee ballot by mail no later than four days after an election. But your absentee ballot still must be postmarked by the day before an election.

Early in-person voting is no longer offered on the Monday before Election Day.

How to register to vote Register online, by mail or in person.

Online: Use the state's voter registration portal to register, check the status of your application or update your registration. You'll need your current Ohio driver's license or identification card number and the last four digits of your Social Security number. You may also register or update your personal information while applying for or renewing your Ohio driver's license. Register online by Monday, Oct. 7, for the general election.

By mail: Download and print a voter registration form from the state elections website. Or call the Ohio secretary of state's office toll-free at 877-767-6446, extension 1, to request a form. Include either your current Ohio driver's license number, state identification card number or the last four digits of your social security number. Then mail your completed form to your county board of elections. It must be postmarked no later than Monday, Oct. 7.

In Person: Registration forms are available for pickup at the secretary of state's office, your county board of elections office, an Ohio Bureau of Motor Vehicles office and several other state-designated agencies listed on the secretary of state's website. Deliver your completed form to your county board of elections by Oct. 7.

Registering to vote on Election Day

Ohio doesn't allow same day voter registration.

Check your voter registration status

You can check your registration status using the state's [voter lookup portal](#) or call your local Board of Elections.

How to request an absentee ballot

Any registered voter can request an absentee ballot by mail or by phone without providing a reason.

By mail: Download and print an absentee ballot application from the [state elections website](#). Include either your driver's license number, your state identification number, the last four digits of your Social Security number or a copy of your photo ID. Mail your completed application to your [county board of elections](#).

By phone: [Call your county board of elections](#) to request that an absentee ballot application be mailed to you.

Your board of elections office must receive your completed application, whether by mail or in person, by close of business on Tuesday, Oct. 29.

Voters who are hospitalized due to a medical emergency may apply for an absentee ballot until 3 p.m. on Election Day using a [separate absentee ballot application](#). If needed, you can request that your county elections officials deliver your ballot to the hospital.

Returning an absentee return your absentee ballot by mail or in person.

By mail: Mail your completed ballot to your county board of elections. It must be postmarked by Monday, Nov. 4, and received no later than Saturday, Nov. 9, for the general election.

In person: Return your absentee ballot to your county board of elections by 7:30 p.m. on Election Day (Tuesday, Nov. 5).

Drop box: One ballot drop box also will be available outside of your county board of elections office.

Track the status of your absentee ballot at the state elections website.

Voting in person before Election Day

You can vote early and in person at your county board of elections office from Tuesday, Oct. 8, through Sunday, Nov. 3, for the general election. More information will become available at the state elections website closer to the election.

Voting at the polls on Election Day

Polls will be open from 6:30 a.m. to 7:30 p.m. on Tuesday, Nov. 5. As long as you're in line before the polls close, you may cast a ballot. Find your sample ballot at the state's website.

Voter ID requirements on Election Day

Bring a valid photo ID, such as an Ohio driver's license, U.S. passport or U.S. military identification card. A paycheck, utility bill, Social Security card, birth certificate and some other government documents are no longer considered valid under a 2023 law.



Digital Connect Program

As the world becomes more and more reliant on computers to meet the activities of daily living, we recognize that some older adults may feel left behind.

The Digital Connect Program will teach you how to use a computer to access online banking and healthcare portals, FaceTime or email to stay connected with family and friends, or simply to provide you with the tools you need to safely navigate the internet.

**Call today to learn more.
740-681-5050 x 121**



Receive individualized, hands on training at your own pace.

Gain new skills to use a computer and safely navigate the internet.

THE SENIOR HUB-KEY STAFF

Executive Director – Anna Tobin
 Director of Aging Services –
 Nutrition Services Manager – Tina Dickey
 Kitchen Production Coordinator – Melissa Holbrook
 Aging Services Office Manager – Amber Throckmorton
 PERS & Commodity Coordinator – Brian Roby
 Route Support Manager – Rebecca Pessel

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

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

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

Pleasantville Music Street Festival

Fourth Saturday in August



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

BRIAN ROBY—ext. #118 for Lifeline

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 — July 25th, 2024

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