

FEBRUARY
2025

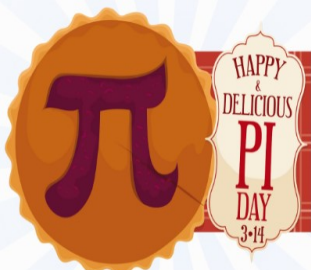


ALTERNATIVES

FOR OLDER ADULTS

Celebrate Pi Day on March 14th!

Order Forms are provided in this newsletter.



MARCH
FOR
MEALS
WITH
MEALS ON WHEELS



THE SENIOR
Hub
MEALS ON WHEELS
FAIRFIELD COUNTY



Groundhog Day, we want Spring



CLOSED FEBRUARY 17TH FOR PRESIDENT'S

THE SENIOR
Hub

MEALS
on **WHEELS**
FAIRFIELD COUNTY

January 2025 Vol. 1 No. 1

1515 Cedar Hill Road, Lancaster, OH 43130

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

2025 BOARD OF TRUSTEES

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Maxine



Kathy



PJR



Judy



Bret



Julia



PJR



Joyce



Pat



No Name



Barbara



Rita



Terria



Bernadette



Sandy



Debbie

We appreciate you sharing your beautiful artwork with us.

Home Meals Clients: If you need another puzzle book, Contact Julie 740-681-5050 EXT. 121

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 February 14th and 28th



Who started American Heart Month?



President Lyndon B. Johnson [issued the first proclamation](#) making February American Heart Month in 1964. Heart disease continues to be a challenge to the present day, proving the importance of this month for awareness. The National Center for the American Heart Association primarily organizes events regarding American

Why do we celebrate American Heart Month?



American Heart Month is celebrated because nearly half of all Americans have some form of heart disease. Because heart disease can be so dangerous, American Heart Month aims to bring greater attention to this cause. You can participate this year by participating in events like National Wear Red Day or marathons that aim to promote health and self-care. News anchors, healthcare providers, therapists, and other public workers can also participate by spreading the word, wearing red, and reminding people of the importance of getting their heart checked,

What is the objective of Heart Month?



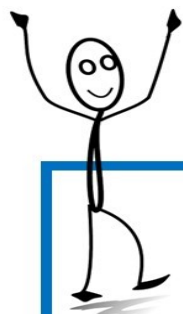
The objective of American Heart Month is to spread awareness of the prevalence of heart disease and to get communities involved in prevention efforts. By talking about this important cause, more people may be able to get screenings and learn about habits that can protect their heart health.

How do you keep your heart healthy?

Cardiovascular health involves activities that stimulate blood flow and circulation, such as the following:

- **Exercise:** Aerobic exercise is the best for the heart, increasing blood flow and heart rate and improving heart health. Types of aerobic exercise include running, swimming, dancing, walking, cycling, and playing team sports.
- **Eating:** Eating nutritious meals can improve heart health. Talk to your doctor about what types of foods are best for your unique body.

Spending time with loved ones: Socializing has been known to [reduce one's risk](#) of cardiovascular disease. In contrast, loneliness is associated with a higher risk of early death from heart disease.



Drawing Classes

ATTENTION: To all stick figure doodlers!

These classes are for those who come to The Senior Hub for lunch AND for our **homebound** clients.

For anyone who feels they can't draw or would like to be a part of our group, please join us in honing your sketching skills.

Meal deliver clients

To register for the class, please contact **Julianna**, 740-681-5050 ext. 121

For the Senior Hub members:

Classes will be every Thursday:
March 6 thru June 26
10:00—11:00.

For the Home Delivered Clients:

You'll be sent drawing homework with instructions every Thursday: March 6 thru June 26

AMAZE YOURSELF!!

The Medicare Advantage Open Enrollment Period (MA OEP)

The Medicare Advantage Open Enrollment Period runs from January 1 – March 31 each year. It allows you,

if you're already enrolled in a Medicare Advantage plan, to:

Switch to another Medicare Advantage plan (with or without drug coverage), or Disenroll and return to Original Medicare.

Contact certified OSHIP counselor, Debbie Zwicker,
at The Senior Hub to learn more.

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

Prescription Drug Assistance is also available for qualifying seniors.
Ask Debbie!



Medicare



Happy Groundhog Day

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

AWAKE
BURROW
CLOUDS
COLD
DAY
EARLY
EMERGE
FEBRUARY
FORECAST

GROUNDHOG
MAMMAL
MILD
MORNING
PENNSYLVANIA
PHIL
RODENT
SECOND
SEE

SHADOW
SIX
SPRING
SUN
WEATHER
WEEKS
WINTER





Is your contact information up to date?

During the cold winter months, the agency may need to cancel routes or close for the day. It is important that we have your correct phone number and the correct phone number of your emergency contact in case we need to reach you.

If you have recently changed phone numbers or if you have a new emergency contact, please give the Aging Office a call to update your file.

740-681-5050 x 112



This is Phil, on February 2nd, we hope Phil does not see his shadow!



Groundhog Day on February 2 is when we ask, are we in for six more weeks of Winter? Only a groundhog named Punxsutawney Phil knows for sure. Each year on Groundhog Day, people flock to Gobbler's Knob in Punxsutawney, Pennsylvania, to await the forecast of the local rodent celebrity. Originating with German settlers, who came to Pennsylvania in the 1700s and brought their seasonal superstitions with them, legend has it that if Phil sees his shadow on February 2, the winter chill will continue. Oddly, if the weather is cloudy and he doesn't see his shadow, we can expect warmer temperatures and early spring. Groundhog Day is a tradition to be cherished. And yes, it is also a film starring Bill Murray.

National Today

American Heart Association®



Wear Red on February 7th.



Central Ohio Chapter

Fairfield County
Alzheimer's
Care Giver Support Group

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

Wednesday, February 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



Who will win the Super Bowl?

Take your best guess! Get the most questions correct and win a \$10.00 gift card.

If you, the homebound client, would like to participate in predicting how the Super Bowl game will play out, call **Julianna Kincaid** at **740-681-5050 @ ext. 121**. She will send you a questionnaire of 33 questions. Your predictions **MUST** be turned in by February 7, 2025 to be counted. No exceptions.

American



Heart Month

Walk-In Hours at The Senior Hub

Wednesday, February 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

WELCOME ABOARD



Curtis Herron joined the agency as a Delivery Driver in mid-January. He spent most of his career in construction, however, he also has a background in massage therapy. He came to the agency through recommendations from others, as he has a drive to serve others and was looking to fill his time while his kids are at school.

Curtis has been married to his wife, Elizabeth, for 23 years. He has 4 children, Aubree (34), John (18), Toby (16), and Elise (14), as well as 6 grandchildren and a dog named Pepsi. In his free time, Curtis enjoys woodturning.

Presidents' Day History

Historically, Americans began celebrating George Washington's Birthday just months after his death, long before Congress declared it a federal holiday. It was not until 1879, under President Rutherford B. Hayes, that Washington's Birthday became a legal holiday, to be observed on his birthday, February 22.

Washington's birthday was celebrated on February 22 until well into the 20th century. In 1968, Congress passed the Monday Holiday Law to "provide uniform annual observances of certain legal public holidays on Mondays." By creating more 3-day weekends, Congress hoped to "bring substantial benefits to both the spiritual and economic life of the Nation."

Is Presidents' Day a Federal Holiday?

Today, George Washington's Birthday is one of only 11 permanent federal holidays established by Congress observed each year. One of the great traditions followed for decades has been the reading of [George Washington's Farewell Address](#) by a U.S. senator in legislative session, which remains an annual event to this day.

Although the federal holiday is held on a Monday (the third Monday of February), George Washington's birthday is observed on February 22. To complicate matters, Washington was actually born on February 11, 1731! How can that be?

George Washington was born when the Julian calendar was in use. During Washington's lifetime, people in Great Britain and America switched the official calendar system from the Julian to the Gregorian calendar (something that most of Europe had already done in 1582).

As a result of this calendar reform, people born before 1752 were told to add 11 days to their birth dates. Those born between January 1 and March 25, as Washington was, also had to add 1 year to be in sync with the new calendar.

By the time Washington became president in 1789, he celebrated his birthday on February 22 and listed his birth year as 1732.

To summarize, Washington's birthday changed from February 11, 1731 (Old-Style Julian calendar), to February 22, 1732 (New-Style Gregorian calendar).

Myths About Washington:

Legend has it that George Washington chopped down a cherry tree when he was 6 years old and, when confronted by his father, said, "I can not tell a lie. I did it with my hatchet."

Well, we can not tell a lie, either. Washington didn't say this; he didn't even chop down the tree! This tale was, in fact, concocted by Parson Mason Weems (1759–1825), one of

Washington's biographers, who made up the story hoping to demonstrate

Washington's honesty.

EMOTIONAL SIDE OF CAREGIVING

I shouldn't feel this way

Many emotions surface when you take on the job of caregiving for a loved one. It is important to remember that you, too, are important. All of your emotions, good and bad, about caregiving are not only allowed, but valid and important. Below are outlined different emotions that you may feel as a caregiver and ways to cope with them.

If only I were perfect I would not feel:

Anger: Have you “lost it” while providing care? Or felt like you were on your last nerve? Anger and frustration are a normal part of being around someone who needs help on an ongoing basis and who might not be accepting of help. Caring for someone with dementia, in particular, can be even harder, as the care receiver can be irrational and combative.

Anxiety: Feeling like things are out of control. Anxiety can emerge as a short fuse, the impulse to run away, not sleeping, heart palpitations, or the urge to cry.

Boredom: It is easy to become bored when you are stuck at home taking care of someone else and not doing things that fulfill your own wants and needs. And by the end of the day, you are often too tired to pursue something of interest to you.

Grief: Watching the care receiver decline, not being able to do things that used to be easy and natural is sad. We also grieve for the person who used to be and our relationship with that person.

Resentment: Little things easily become big things when we feel unappreciated and unacknowledged. And feeling like you do it all, and do it all by yourself, is a guaranteed way to feel resentment.



How to Cope:

Forgive yourself. Learn to walk away and give yourself a “time out.” Identify supportive people you can talk to who will listen to you as you vent about the things that happened that day.

Pay attention to your anxiety. This is our body’s early warning system that something isn’t right. When you feel anxious: Stop, Breath, Keep Breathing, Pray, Meditate, Make some tea. Anything that will give you a break

Respite can help. Getting a break from caregiving and having some time for yourself will not only increase your patience and resilience but will give you a chance to do something that is meaningful to you, whether it is socializing, going for a walk, or reading a good book.

Create a ritual. One caregiver would write on a piece of paper the things her husband could no longer do, then go the ocean and throw the pieces in the water as a way of letting go. We tend to want to avoid the sadness that comes with grief, but allowing ourselves to feel it promotes healing.

Ask for help. Family dynamics can be a real challenge. The more help and support you accept, the easier it will be to let go of feeling burdened and resentful of those who are not doing their share. Perhaps you need to broaden your circle of people to include those who can and will help.





In the big picture, find these objects.



comb



sock



pitcher



pear



pennant



candle



spatula



jump rope



hot dog



egg



tack



open book



penguin



tube of toothpaste



cupcake



banana



mushroom

Nutrition Services

FEBRUARY 2025

The Senior Hub-Meals on Wheels will be closed Monday February 17th, 2025, for President's Day. Please use the shelf-stable meal provided for the holiday. If you have not received your holiday meal by February 12th, please call Rebecca Pessel at 740-681-5050 ext. 104.

It is looking like this winter is going to be a rough one, so please be sure to stock your food pantry and keep

shelf-stable, easily opened food (peanut butter, canned soup, granola bars, etc) on your shelves in the event we would need to close due to inclement weather. If you need an additional shelf-stable meal, please reach out to me at 740-681-5050 ext. 115.

FEMA has lots of good info at: <https://www.fema.gov/blog/food-safety-recipe-national-preparedness>

The Federal Emergency Management Agency (FEMA) recommends building an emergency food supply over time by

including non-perishable foods in your grocery shopping.

Every American should have at least a three-day supply of food and water stored in their home, with at least one gallon of water person.

Be sure to check expiration dates and follow the practice of first-in, first-out. As you stock food, consider your unique needs and tastes.

- Ready-to-eat canned meats, fruits, and vegetables
- Protein or fruit bars
- Dry cereal or granola and dried fruit
- Peanut butter
- Canned juices and non-perishable pasteurized milk
- Staples like sugar, salt, and pepper
- High energy foods like crackers, granola bars, and trail mix

Happy Valentine's Day!!



Amber Goines CDM, CFPP

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

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

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