

JANUARY 2025

ALTERNATIVES

For older adults



THE SENIOR
Hub

inWHEELS 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

2024 BOARD OF TRUSTEES

EXECUTIVE COMMITTEE

President—Jeff Wagner- *Estimator, Kumler Collision*

Vice President—Doug Smith– *Principal, IMEG Corporation*

Secretary—Jennifer Sitterley– *Attorney, Sitterley Law Office*

Treasurer—Donna Fox-Moore– *Retired, Community Administrator*

Past President.—Dale Dixon-*Principal, Wichert Insurance*

BOARD OF TRUSTEES

Corey Clark – *Director, Job & Family Services*

Margie Donnell – *Operations Manager, Lancaster-Fairfield Chamber of Commerce*

Ben Hill – *CPA, HHS & Company, LLC*

Helen Harding – *Retired, Healthcare Administrator*

Christa Moody – *Retired, Event Coordinator/Bookkeeping*

Kari James – *Compliance Officer, Fairfield Federal Savings and Loan*

Kathryn Iles – *Director of Human Resources, Fairfield Homes*

Vicki Tauer – *Retired, Healthcare Manager*

Lara Wright – *LSW, Case Manager, Fairfield Medical Center*

Table of Contents

Page 1 - Happy New Year and a Wintery Scenery

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

Page 3 - Just for Fun, Quad Meteor, Safety Tips & What's Going on @ The Hub

Page 4 - Seniors, RX Assist

Page 5 - Welcome aboard and Turkey Pictures

Page 6 - Word Search

Page 7 - Keeping Pets Safe

Page 8 - Menu

Page 9 - Menu

Page 10 - Happy New Year Traditions

Page 11-- Coloring Page

Page 12 - Caregiving

Page 13 - Caregiving Alzheimer & Trualta

Page 14 - Hidden Pictures

Page 15 - Nutrition Services and Commodity Box

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



Just for Fun” Days

January is **National Clean Up Your Computer Month** and **National Hot Tea Month!** Here are some more fun things to celebrate in January:

- **January 1:** Z Day (On this day, those whose last name begins with “Z” get to go first instead of last.)
- **January 3:** National Chocolate–Covered Cherry Day
- **January 6:** National Bean Day
- **January 8:** Elvis Presley’s Birthday
- **January 10:** National Houseplant Appreciation Day
- **January 14:** National Dress Up Your Pet Day
- **January 20:** National Penguin Day
- **January 22:** National Answer Your Cat’s Questions Day
- **January 29:** National Puzzle Day



The Quadrantid Meteor Shower

The Quadrantid meteors appear in the early January sky, producing up to 25 meteors per hour at their peak. They'll be at their best on the night of January 4 into January 5. For the best chance at spotting them, venture out between midnight and dawn (if you can stand the cold). See our [Meteor Shower Calendar](#) to learn more about the year’s meteor showers.

A Dream written down with a date becomes a Goal...

A Goal broken down into steps becomes a Plan.....

A Plan backed by Action becomes Reality....

Reminder to send your applications for HEAP go to the following address:

Heap Utilities Lancaster Fairfield Community Action

1743 E. Main St. Lancaster, Ohio 43130

Lancaster, Ohio 43130

What's happening at The Senior Hub...

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 10-1 Dec 13th & Dec 27th

Seniors

You are
LOVED
beyond measure

creationsbykara.com



New in 2025



We are pleased to offer eligible older adults living in Fairfield County prescription assistance. Patient assistance programs are run by pharmaceutical companies to provide free medications to people who cannot afford to buy their medicine. RxAssist offers a comprehensive database of these patient assistance programs, as well as practical tools, news, and articles so that health care professionals and patients can find the information they need. All in one place.

The Senior Hub is excited to offer this opportunity. Call Debbie Zwicker at The Senior Hub to see if you qualify for this service. 740-681-5050 x 112





Welcome aboard

Sheila Stouder joined the agency in mid-November as our Director of Aging Services. She attended Ohio University earning a bachelor's degree in business administration and a master's degree in health services administration and has spent most of her career in senior living management. Sheila came to the agency to assist seniors living in their homes, as it has been her life's calling to care for seniors.

Sheila has been married to her husband, Ed, for 30 years and they have 2 kids, Em, 28, and David, 23, as well as 2 dogs, Oggie, a basenji/lab mix, and Lucy, a fox hound mix. In her free time Sheila likes to hang out with her family, stream Netflix and Hulu, do puzzles, and play trivia and games.



Barbara



Bernadette



Julia



Rita



Francis



Kathy



Debbie



No Name



Terris



Marilyn



Sandy



Betty



Judy



Maxine



Barb J.



Pat

NEW YEAR'S EVE

WORD SEARCH

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

BALLOONS
CALENDAR
CELEBRATE
CHEERS
CLOCK

CONFETTI
COUNTDOWN
GOALS
HAPPY
JANUARY

MIDNIGHT
NEW YEAR
NOISEMAKER
PARTY
RESOLUTION



Keeping pets safe in cold weather

As winter settles in across the state, Animal Humane Society urges pet owners to think twice when letting pets outside for extended periods of time. Temperatures below freezing along with wind chill can be dangerous, even deadly, for our domesticated pets.

Keep your pets safe during the blistering cold winter months with these tips.



Keep your indoor pets warm

- During severe weather (temperatures in the single digits and below), dogs should be let out only to relieve themselves. Cats should be kept indoors at all times.
- Remove ice, salt and caked mud from your pet's paws and coat.

Before walks, put paw wax or doggie shoes on your dogs' paws for protection from sidewalk salt and chemicals; wipe wax or balm off when back inside.

- Make sure your pet's bed is not on the floor in a cold or drafty area of your home.

Indoor dogs typically receive less exercise during cold weather and therefore may require fewer calories. You may want to consider feeding them smaller portions in order to avoid weight gain. You should also look for ways to keep them busy by providing enrichment through indoor activities.



Keep your pets safe outside in winter:

- In some states law governs all companion animals be provided shelter from the elements. In severe weather, allow your pet to be in your house or garage.
- Outdoor pets typically need more food in cold weather because they must burn more calories to keep warm.
- Check for frostbite, especially on paws and ears.
- Your pet should always have access to clean drinking water. Make sure it doesn't freeze!
- Keep an eye out for and clean up all antifreeze spills — one lick of the sweet-tasting fluid can be fatal to an animal.
- Cats have been known to climb onto vehicle engines or inside wheel wells for warmth. Knock on the hood of your car before starting the engine if you're parked outdoors and suspect a cat could be hiding in your wheel wells or under the hood.

New Year's Tradition and Beliefs include:

1. **Midnight:** Romantic kiss at the stroke of midnight could guarantee a year overflowing with love.
2. **Clear Those Debts:** Stepping into the New Year burdened with unpaid debts is considered unlucky.
3. **Fill your Pantry:** Stocking up on food for the New Year symbolizes abundance.
4. **First Footing:** The first person to enter your home after midnight brings good luck.
5. **Let the Old Year Fly Away!:** People throw open their doors and windows to let the old year out and welcome the new year.
6. **New Year's Babies:** Babies born on New Year's Day are considered lucky.

Eating Pork and Sauerkraut on New Years Day Tradition

Eating pork and sauerkraut on New Year's Day is an **old Pennsylvania Dutch tradition** that symbolizes wealth and prosperity for the coming year in German-American culture. The dish is made with pork and sauerkraut served together, with sauerkraut representing luck and the pig representing rooting into the new year. The tradition is believed to have originated in Germany and has become a popular New Year's Day meal in many countries. The dish is based on traditional Polish and German cuisine.







10 Common Signs of Caregiver Stress

1. **Denial** about the health situation of your loved one.
I know mom is going to get better.
2. **Anger** at the person you are caring for or frustration that he or she can't do what used to come naturally. *He knows how to get dressed—he's just being stubborn.*
3. **Social Withdraw** from friends and activities.
I don't care about visiting neighbors anymore.
4. **Anxiety** about the future.
What happens when she needs more care than I can provide?
5. **Depression** that affects your ability to cope.
I just don't care anymore.
6. **Exhaustion** that interferes with important daily tasks.
I'm too tired for this.
7. **Sleeplessness** cause by worrying.
What if he wanders out of the house?
8. **Irritability** that leads to moodiness and triggers negative responses.
Leave me alone!
9. **Lack of concentration** that disrupts familiar tasks.
I was so busy, I forgot my appointment.
10. **Health problems** that begin to take a mental and physical toll.
I can't remember the last time I felt good.



What should I do now?

TAKE CARE OF YOURSELF

How to Recognize and Manage Caregiver Stress

The holidays are over and we return to our old routines, including caring for our elderly loved ones. I love and respect my elder so why do I feel so **STRESSED**? Because you are not only a caregiver, but perhaps you have your immediate family to care for, a job outside the home, and other family and social commitments. Most likely you weren't trained to be a caregiver, it just crept up on you or a sudden health emergency threw you into this new role. Caregiving has become your new career, and you have adjusted to a new normal. Below are 10 common signs of caregiver stress 10 ways to help manage that stress.

10 Ways to Manage Stress and be a Healthier Caregiver

1. **Take a break.** Respite care services can give you a temporary rest from caregiving while the person you care for remains in a safe environment.
2. **Seek out community resources.** Adult day programs, in-home assistance, visiting nurses and meal delivery are just some of the services that can help you manage daily tasks.
3. **Become an educated caregiver.** Research the disease your loved one has so you can better understand and cope with common behaviors and implications of that disease.
4. **Get help and find support.** Reach out to the Alzheimer's Association or the Parkinson's Foundation. Look for local support groups. If stress becomes overwhelming, seek help from a doctor or counselor for yourself.
5. **Take care of your own health.** Try to eat well, exercise and get plenty of rest. Making sure that you are healthy can help you be a better caregiver.
6. **Manage your level of stress.** Stress can cause physical problems (blurred vision, stomach upset, high blood pressure) and changes in behavior (irritability, lack of concentration, change in appetite). Note your symptoms and discuss with a doctor, as needed.

7. Accept changes as they occur. The care needed for your loved one may change over time and so do their needs. They may require care beyond what you can provide on your own. Becoming aware of community resources—from home care services to residential care—can make the transition easier. So will the support and assistance of those around you.

8. Make legal and financial plans. Have your loved one participate in the decision making, if possible. Having these plans in place can provide comfort to the entire family. Many documents, including advance directives, can be prepared without the help of a legal professional. However, you may want to seek assistance from an attorney specializing in elder law and/or a financial advisor who is familiar with elder or long-term care planning.

9. Know you're doing you're best. Remember that the care you provide makes a difference and that you're doing the best you can. You may feel guilty because you can't do more, but care needs sometimes do increase. Regardless of how care is delivered, you can make sure that the person you are caring for is well cared for and safe.

10. Visit your doctor regularly. Take time to get regular checkups and pay attention to any exhaustion, stress, sleeplessness or changes in your appetite or behavior. Ignoring symptoms can cause your physical and mental health to decline.

Source: Alzheimer's Association



Central Ohio Chapter

Fairfield County
Alzheimer's
Care Giver Support Group

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

Wednesday, January 8
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, January 29, - 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

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.



FUN IN THE SNOW



Look carefully. Some things are hidden in plain sight!
Can you find 5 carrots, 1 apple, 2 candy canes, 1 golf club,
2 pipes, 2 baseballs, 1 broom, 1 banana, 1 lollipop.

Nutrition Services

January 2025

We have a few new holiday closures added to our 2025 calendar. Our first new holiday will be Martin Luther King Day, this year it is celebrated January 20th, 2025. Please use the shelf-stable meal we provided with along with your Christmas and New Year's Day meal. We are also closed on January 1st, 2025 to celebrate the new year.

If you have any questions, please contact me at 740-681-5050, ext 115.

Happy New Year!!

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 The Senior Hub-
Meals on Wheels.**

Commodity Box Pick Up at Meals on Wheels Parking Lot

Last name beginning with A-J Wed.-January, 15 1:30 –2:30 p.m.

Last name beginning with K-Z Thurs.-January 16, 1:30 - 2:30 p.m.

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 • 1515 Cedar Hill Road • Lancaster

Starting January 2025: REMEMBER TO PICK UP ON THE SCHEDULED DATES!

NO EARLY PICKUP'S WITHOUT ARRANGING A TIME, JUST CALL 740-681-5050 EXT. 102

BOXES NOT PICKED UP ON THE SCHEDULED DATES ARE FIRST COME, FIRST SERVE

EQUAL OPPORTUNITY PROVIDER

UPDATE!

UPDATE!

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

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

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

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