

*We will be
Closed
for the
4th of July*

Alternatives for older adults



Fourth of July

Independence Day



United States of America
1776



July 2024 Vol. 20 No. 7

1515 Cedar Hill Road, Lancaster, OH 43130

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

Website: www.seniorhubfc.org



Take Note:

We're More than just a Meal! The Senior Hub-Meals on Wheels improves the quality of life for older adults and enables independent living for as long as safely possible.

The SENIOR HUB provides over 20 additional services for Seniors!

Caregiving Support

Counseling for Mental Health

Homemaking

Payee Program

Personal Care

Seniors Farmers' Market Cards

Respite Care

Adaptive Equipment

Personal Emergency Response System– Mobile and In Home

Medical Transportation

Home Delivered Meals

Ensure Nutritional Supplement

Commodity Supplement Food Box Program

Home Repair Program

Tele-Friend Program

Friendly Visitor Program

Activities and Educational Programs for Seniors

Food 4 Paws Pet Support Program

Health In Action and Matter of Balance– Free Evidence-Based Workshops

Ohio Senior Health Insurance Information Program (OSHIIP) - Medicare

Home Energy Assistance Program (HEAP) A federal funded program that provides eligible

Ohioans assistance with their home energy bills

Financial Assistance with delinquent rent, mortgage, and utilities



What do you call an app for people who want to ride cows? Moober

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

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Community Events In Lancaster, Ohio



Join us for a Free Outdoor Movie

On Saturday, July 13th, Destination Downtown Lancaster will be showing Barbie, a free outdoor movie at the square (by the bandstand). Come early to save your space, enjoy music, and participate in pre-movie activities starting at 7:30 pm.

Bring blankets, chairs, and snacks, and enjoy this family film under the stars in our beautiful downtown. The movie will begin at dusk.

Concessions are available at this event.

ArtWalk

Friday, July 19 • 6:00-9:00 pm

Location: [ALL OVER DOWNTOWN!](#) ArtWalk

Friday, July 19 • 6:00-9:00 pm

Location: ALL OVER DOWNTOWN!

Cost: FREE



Grab your friends and join the celebration of arts. Downtown Lancaster is filled with art exhibits, activities, and music. Enjoy the music of Identity Crisis at 6:00pm on the Zane Square Stage. This amazing night is FREE!!

6:00–9:00 pm – FREE Event

Location: [ALL OVER DOWNTOWN!](#)

Art, music, and community on full display during Lancaster's favorite night of the year!
Identity Crisis – Local favorites rock the crowd during ArtWalk with classic rock tunes that will get everyone dancing in the streets. This Amazing night is FREE!!

Ice Cream Social

6:00 pm– FREE Event

Location: [The Basilica of St. Mary of the Assumption](#)



Greet fellow concert goers, enjoy the summer evening, and enjoy refreshing treats before the opening night concert. The social is provided by the parishioners.

Meet our Staff!

The Senior Hub-Meals on Wheels, Fairfield County welcomed Diana Williams to our team. Diana works hard as our custodian keeping the building spotless!

Diana likes to keep busy in her off hours. She also helps keep a local pre-k school nice and clean. She spends lots of time with her family, reads and listens to all kinds of music.

We are happy to have Diana on our team!



Home Modification and Maintenance Program

Minor home modifications and maintenance are available to eligible homeowners age 60 or older who live in their home in Fairfield County. Repairs are limited to \$3,500.00 and Maintenance work is limited to \$2,000.00 per year, must be for health or safety reasons.

Cosmetic repairs and emergency repairs are not provided by our agency. Services are available for those 60 and older living in Fairfield County with priority for services going to low-income homeowners age 75 or older. The repairs will be completed

by a licensed contracted service provider. Home repair may have a cost share, depending on the funding source. Title III funded home repairs will not be refused for clients unable to pay their cost share. However, clients are encouraged to make donation toward the cost of the service. It is expected that each client will donate something toward each repair.

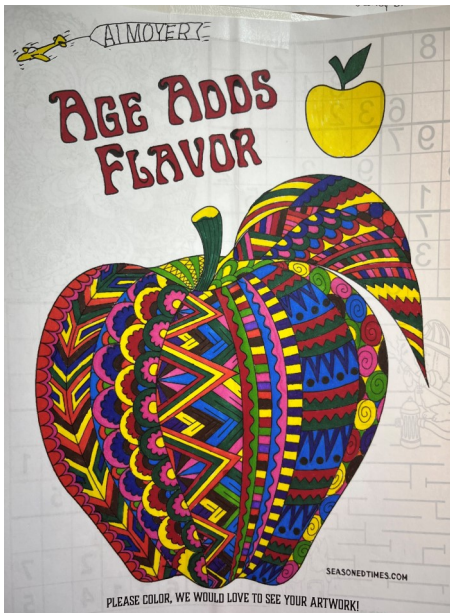
Clients must be wheelchair bound to be considered for a ramp installation. Clients must be up to date on their property taxes for a home modification service.



Why do monkeys eat bananas? Because sticking them in their ears hurts.

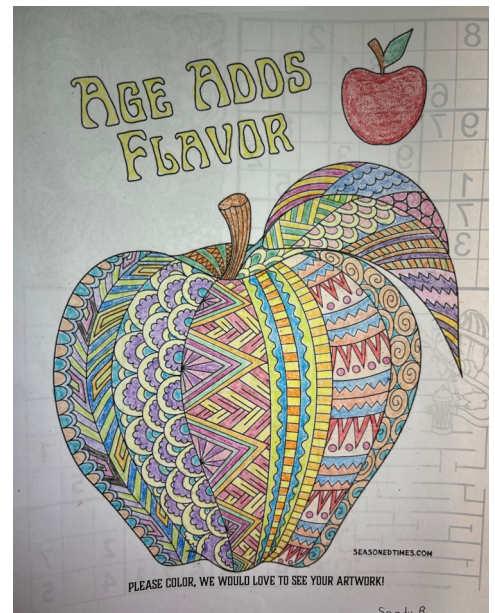


We enjoy seeing your artwork, so please share with us, if you color this picture.



< Al Moyer

Sandy B. >

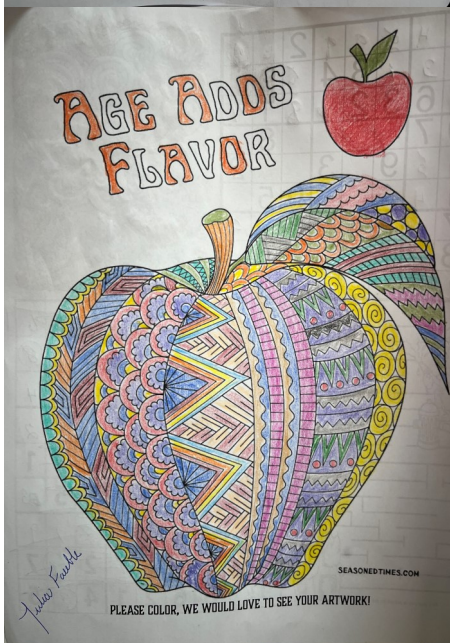


< C. Potts

Rita B. 100
years old. >

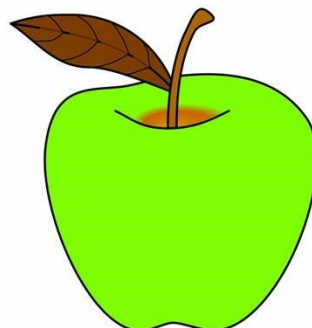
Thank You for adding
Flavor to our Age.

I love the Art work. I
really appreciate the
time and effort.



< Julia F.

Marie B. >



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 offered 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.

Free!!

Blood Pressure Screenings

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

July 12th & July 27th



Every Friday!!! BINGO

At Meals on Wheels

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

Commodity Box Pick Up

Last name beginning with A-J Wed. July 17 -1-3:00pm

Last name beginning with K-Z Thurs. July 18 -1-3:00pm

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

**In case you didn't know: We have Chair Volleyball,
Library, Puzzles, Coloring Pictures and Socializing with others.**

I said to the gym instructor " Can you teach
me to do the splits?" He said "How flexible
are you?" I said I can't make Tuesdays"

4th OF JULY FIREWORKS

WORD SEARCH PUZZLE

The words appear UP, DOWN, BACKWARDS, and DIAGONALLY.
Find and circle each word.

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



BANG	DARK	MUSIC	SHIMMER
BLAST	DISPLAY	PARTY	SKY
BLUE	FIZZ	PROGRAM	SOUND
BOOM	FLARES	PUBLIC	SPARKLERS
BURST	GLITTER	RED	SPIN
COLORS	KIDS	ROCKET	WATCH
CROWDS	LIGHT	SAFETY	WHITE

Nutrition Services

JULY 2024



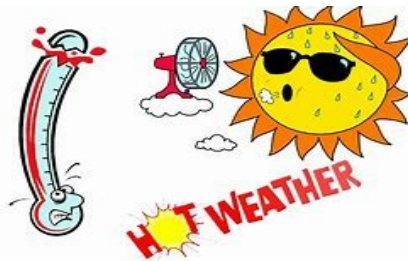
Summer is finally here and I think it is going to be a hot one. I want to talk to you all about dehydration. This topic is important all year long, but it becomes especially easy to become dehydrated when the mercury rises. Some causes of dehydration are:

- Fever
- Vomiting
- Excessive sweating
- Certain medications-some meds make you urinate more frequently



Some of the signs of dehydration are listed below, there are other signs as well but these are some of the most common:

- Muscle Cramps
- Headache
- Dry Mouth
- Dark yellow urine
- Feeling dizzy



To avoid dehydration make sure to drink an adequate amount of fluids. Typically that would be 8-8 ounce servings a day. **Although you should talk to your doctor to make sure you are drinking the correct amount.** Water would be the best way to help keep you hydrated, but you do get some water from juice, coffee, tea, etc.

Lastly, some benefits of staying hydrated are, weight control, helps you keep healthier, and keeps your skin in good condition.

Have a great 4th of July!!!



Amber Goines CDM, CFPP

Director of Nutrition Services



History of Independence Day

Fourth of July Becomes a Federal Holiday

The tradition of patriotic celebration became even more widespread after the [War of 1812](#), in which the United States again faced Great Britain. In 1870, the U.S. Congress made July 4th a federal holiday; in 1941, the provision was expanded to grant a paid holiday to all federal employees.

Over the years, the political importance of the holiday would decline, but Independence Day remained an important national holiday and a symbol of patriotism.

Falling in mid-summer, the Fourth of July has since the late 19th century become a major focus of leisure activities and a common occasion for family get-togethers, often involving fireworks and outdoor barbecues. The most common symbol of the holiday is the American flag, and a common musical accompaniment is "[The Star-Spangled Banner](#)," the national anthem of the United States.

The [first fireworks](#) were used as early as 200 BC. The tradition of setting off [fireworks on the 4 of July](#) began in Philadelphia on July 4, 1777, during the first organized celebration of Independence Day. Ship's cannon fired a 13-gun salute in honor of the [13 colonies](#). The *Pennsylvania Evening Post* reported: "at night there was a grand exhibition of fireworks (which began and concluded with thirteen rockets) on the Commons, and the city was beautifully illuminated." That same night, the [Sons of Liberty](#) set off fireworks over Boston Com-

BY: [HISTORY.COM EDITORS](#)

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What do you call a lion that lives in a landfill? King of the Junkhole

OUT & ABOUT WITH THE LANCASTER FESTIVAL ORCHESTRA

Out and About with the Lancaster Festival Orchestra

Sun. July 21, Tues. July 23, Thu. July 25 - Various locations and times

Cost: FREE!!

Our amazing orchestra ensembles head out into the community to delight fans all over town!

- July 21- 2pm [AHA! A Hands-On Adventure](#)
- July 21- 7:00pm - String Quartet [Wagnalls Memorial, Lithopolis](#)
- July 21-7:00 pm - Brass Quintet [Alley Park Covered Bridge, Lancaster](#)
- July 23- 10:30 am - String Quartet [Salvation Army, Lancaster](#)
- July 23- 1:00 pm - String Quartet [Olivedale Senior Center](#)
- July 25- 4:00 pm - Brass Quintet [Keller Market House, Lancaster](#)



Noon at the Square

Location: [Zane Square Stage, Downtown](#)

Cost: FREE Lively lunchtime performances for all! Bring a sack lunch or try out one of the food trucks!

July 22 - Music Men and Jen (Barbershop Quartet)

July 23 - Lancaster Festival Orchestra Ensemble

July 24 - Lancaster HS Percussion Ensemble

July 25 - Lancaster Handbell Choir

July 26 - Kelly Vaughn Sponsored By: FAIRFIELD FEDERAL

Friday Night Band Stand

7/5— Starts at 6:30p.m.

Debbie Wright & Friends

Lancaster Community Band

7/12—Starts at 7:00p.m.

British Invasion



Durable Medical Equipment Program

Durable Medical Equipment may be available for loan to qualifying
Durable Medical Equipment Program

Durable Medical Equipment may be available for loan to qualifying
individuals to retain their independence in their home. The older adult may
demonstrate mobility challenges 50% of the time as need for the Ser-
vice.

Items available will vary as this program has limited funding from the
Meals on Wheels Senior Services Levy and by donations of equip-
ment. Examples of items we have available: cane, walker, shower
chair, transfer bench, bed side commodes, and



What do you call a hobo detective? Sherlock Homeless.

Spot 10 Differences in 19 Seconds





Challenges Family Caregivers Face

As a loved one's medical needs increase and caregiving duties expand or continue over time, unexpected physical, emotional, and/or financial hardships may arise.

- Those that care for a family member may not identify themselves as a caregiver. They may not recognize that their roles are being redefined as the demands of the situation change.

- It may be difficult for some caregivers to accept that they are now responsible for parents who raised and cared for them.

- Most people are surprised to take on the new roles and few know where to turn for financial, legal, medical, and emotional support.

- Shifting roles may become more complicated for families with histories of unresolved conflict. Caregivers harboring residual anger may respond to a loved one inappropriately and without fully understanding the changes that have occurred.

- Family caregivers may feel guilty about having any negative feelings. They may not have someone to talk with who understands their experiences.

What Is The Impact of Caregiver Challenges on The Care Recipient?

The demands of caregiving may get in the way of providing proper, quality care. For example, a caregiver may desire a break and leave an adult who is unable to care for themselves alone.

- Caregivers who have not acknowledged their caregiving role or are new to the challenges of caring for a loved one may lack knowledge and skills to adequately meet their needs. This may lead to failing to assist a loved one who can't remember to take their medication.
- Family conflict among siblings and other relatives

about their caregiving roles and responsibilities may negatively impact care for their loved one.

What are Some Best Practice Tips for Family Caregivers?

- **Ask for Help** - Support is available to help manage caregiving duties and maintain mental wellness.

- **Talk to Someone** - Reach out to a trusted friend, family member, support group peer, or faith leader.

- **Advocate for Loved Ones** - Honor that you are the expert for you and your family. Be curious, ask questions, gather information, and become educated.

Source: National Center on Elder Abuse

*Too often we underestimate
the power of a touch,
a smile, a kind word,
a listening ear, an honest compliment,
or the smallest act of caring,
all of which have the potential
to turn a life around.*

Leo Buscaglia

Caregivers

You are not alone. We all need a hand.

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



The Senior Hub-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.

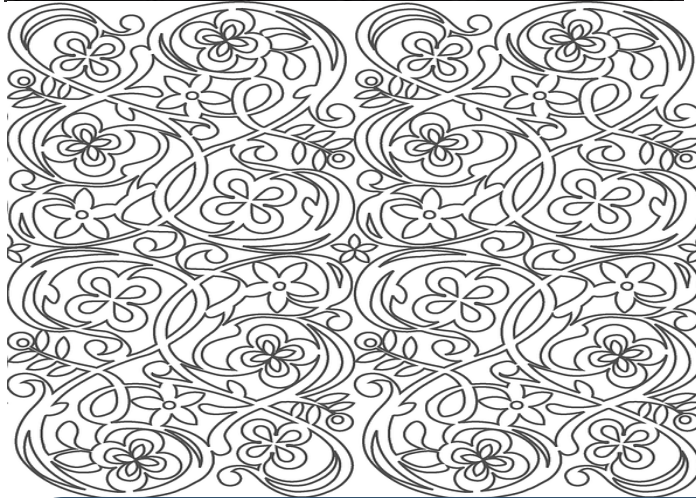
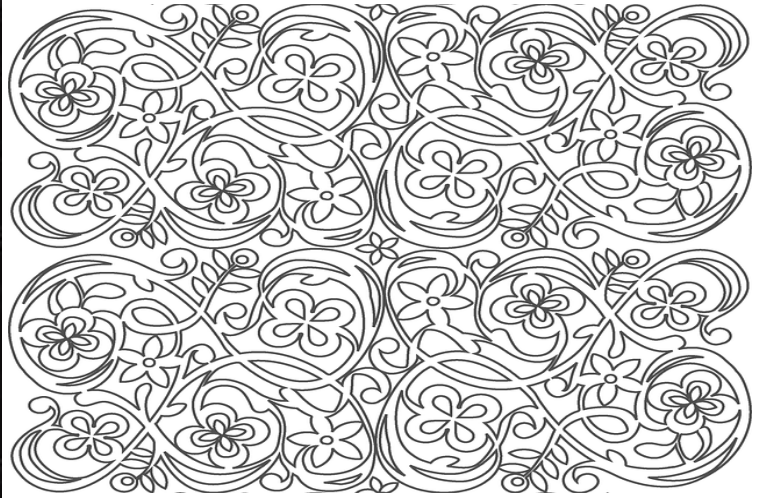
Call the Aging Services Office at 740-681-5050.

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, The Senior Hub is here to help.

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



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

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

Support Your Loved One Through Major Life Transitions

Change is never easy, especially for seniors. Major life transitions like retirement, moving, or losing a loved one can be overwhelming. You play an important role in supporting your loved one(s) through these challenges.

- **Empathy is Everything** - When your loved ones are experiencing tough circumstances, listen intently. Be present and ask open-ended questions. Allow them to voice their feelings and concerns, and show compassion in return. Listening with empathy creates a safe, supportive space for them to share their thoughts.

- **Connection is Crucial** - Major life events can feel isolating, especially when seniors are experiencing a loss or changing their living situation. You can help by encouraging them to stay connected with their loved ones and being a supportive resource yourself. Maintaining social connections and participating in community events can help them keep friendships and make new ones.

- **Provide Practical Support** - Offering emotional support is essential, that practical support is just as important. Maybe your loved one needs assistance packing and moving, finding a new doctor or healthcare provider, or keeping track of finances. Ask and identify where their needs lie. You can be an incredible resource for them when they need practical help.

- **Care for Yourself, Too** - Helping seniors navigate these challenges can be physically and mentally taxing. It's important to rest, eat well, and enjoy your favorite activities, too. Remember that it's okay to take a break. When you take care of yourself, you can provide others the best care and support.

- **Self-Care for Seniors** - Encourage your loved one to prioritize their physical and health when major life changes arise. Remind your loved ones that taking care of themselves benefits their well-being and helps them to better cope with the changes they're experiencing.

- **Celebrate Small Victories** - It's easy to feel consumed by major life changes. Celebrating small victories along the way keeps an optimistic outlook on the future. Approach their new transition with a positive mindset, and they'll feel empowered by it.

- **The Power of Support** - Having the right support can be all it takes to achieve success. You play a critical role in helping your loved one navigate through times with grace and confidence. By lending a listening ear, offering practical and emotional support and being empathetic and understanding, you can guide your loved one on their next journey.

Source: Oasis Senior Advisors



Central Ohio Chapter

Fairfield County

Alzheimer's Caregiver Support Group

Held in

**The Senior Hub-Meals on Wheels Library
1515 Cedar Hill Road • Lancaster**

**Wednesday, July 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 Alzheimers disease or other forms of dementia.

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

740-681-5050, ext. 119

Walk-In Hours at Meals on Wheels

Wednesday, July 17 • 11am - 1pm

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

Lindsay Blackburn

Alzheimer's Association - Central Ohio Chapter

Online Resource for Caregivers TRUALTA

FREE, unlimited access to articles, videos, printable pages, and tip sheets.

Topics include:

- Communication & Dementia
- Dementia & Assisting with Dressing
- Understanding Behavior Change
- Moving & Transferring
- Balancing Work & Caregiving
- Effective Self-Care

Sign Up for FREE today!

coaaa.trualta.com

Senior Hoarding: Understanding the Emotions to Help Find Solutions

This informative article from DailyCaring.com will help readers understand more about hoarding and the emotions and behaviors behind it.

Hoarding is dangerous for almost everyone, but it's especially harmful for seniors. They're more likely to fall in a crowded home and their health will be harmed by unsanitary or hazardous living conditions.

Senior hoarding issues could also indicate the presence of Alzheimer's disease, or mental illness. In other cases, it could also be caused by Diogenes Syndrome, a condition that affects some seniors near the end of life. Diogenes Syndrome is characterized by hoarding, self-neglect, social withdrawal, and a refusal to accept help.

Hoarding is often accompanied by some degree of anxiety, which makes it difficult to treat - and tough for families to watch. And because hoarders tend to self-isolate, it makes their emotional well-being even more fragile.

When you're caring for someone who hoards, it's helpful to learn more about senior hoarding issues. Understanding the emotional side of this behavior helps you work toward effective solutions in a kind and gentle way.

The Difference Between a Pack Rat and A Hoarder

A hoarder suffers from an inability to discard items. They keep stacks of unnecessary items, like junk mail and old newspapers. They might move things from pile to pile, but will never throw anything away.

Many people have a few items they feel emotionally attached to, but a hoarder has an excessive attachment to many possessions and will be uncomfortable if somebody touches them or asks to borrow their items.

They'll also feel unable to get rid of any possessions and will end up living in cluttered spaces that are often unsafe, unsanitary, and/or hazardous.

The difference between a collector and a hoarder is that when someone is hoarding, their daily life is negatively impacted.

Trauma Can Trigger Hoarding

Recently, it has been found that people who have hoarding symptoms are also more likely to have experienced a traumatic event in life. It could be that hoarding is a coping mechanism to deal with grief or loss.

This is important to consider if your older adult has only recently started the hoarding behavior. They could be trying to fill an emotional hole left by the trauma of losing a spouse, moving to an unfamiliar place, or a similarly significant life change.

The Emotional Effect of Senior Hoarding Issues

Even though hoarding can be a coping mechanism for dealing with anxiety, trauma, or other mental struggles, it doesn't provide real relief.

In addition, hoarding behavior often comes with poor decision making, procrastination, and a lack of organization. These impact all aspects of life and make it more difficult to have good quality of life. And because hoarding is isolating, seniors who hoard typically have limited social interactions. They may even push you away or avoid you, damaging your relationship.

People's perceptions of hoarders can negatively impact a hoarder as well. It's easy for others to see hoarders as dirty or lazy, and those judgements can be difficult for them to hear and handle.

Why Do They Struggle to Let Go of Possessions?

Hoarding is a complex and layered behavior. A hoarder could be dealing with any number of symptoms and conditions, from indecisiveness to anxiety and from trauma to social isolation.

Using hoarding as a coping mechanism could mean that there's something in the person's life that is just too painful to face. Clutter builds up and provides comfort to the hoarder. Letting go of that comfort can feel excruciating. In fact, hoarders can develop such strong attachments to their possessions that these items become more valuable to them than the people in their lives. Getting rid of something so valuable would feel similar to the extreme grief of losing a loved one.

That's why if someone forces a hoarder to get rid of these items, their anxiety can intensify to unimaginable levels. So even though it may seem like the most straightforward solution, do your best to not throw items away without permission or jump into a big cleanup without help from mental health professionals - it would be too emotionally distressing.

Do your best not to judge and remember that they greatly value the items you see as junk. A hoarder needs professional help to deal with their serious emotional issues before they can cope with cleaning up.

What Emotional Help Do Hoarders Need?

Not only would a forced cleanup cause extreme emotional distress, the person you care for will immediately return to their hoarding ways and fill up the space again.

What works better is to help your older adults see that hoarding is a problem. That doesn't mean shaming the person.

Hoarding can't truly be fixed until the root of the problem is found and addressed.

Above all, be empathetic. Try to understand where your older adult is coming from and listen to what they have to say as you gently guide them towards recovery.

Source: DailyCaring.com

Life in Mouse Town

Look for these things in the big picture.

