



Alternatives for older adults



May 2024 Vol. 20 No. 5

1515 Cedar Hill Road, Lancaster, OH 43130

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



May 27, 2024



Happy Mother's Day May 12, 2024

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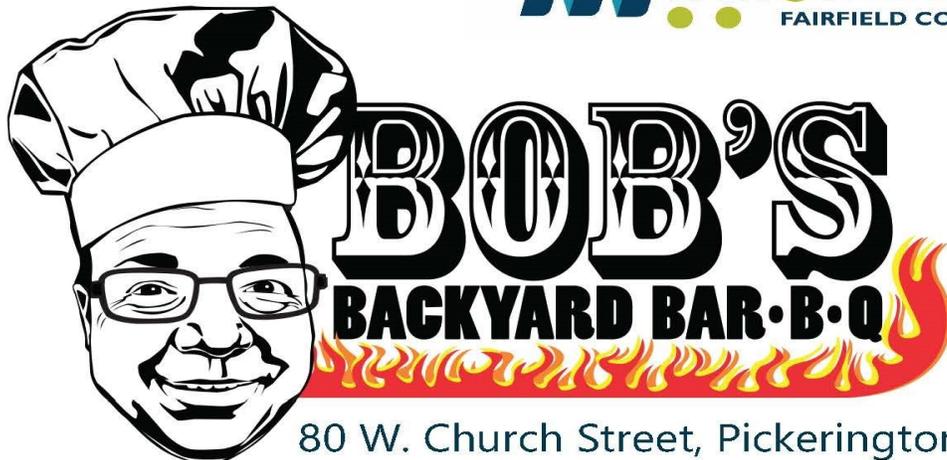


Coming Soon to Pickerington!

The Senior Hub - Meals on Wheels and Bob's Backyard Bar•B•Q

have teamed up to offer a new
Senior Lunch Program Site in Pickerington
beginning this April 2024!

Registration and
approval for eating
at the Senior Lunch
Program site
is required.



80 W. Church Street, Pickerington

Call The Senior Hub-Meals on Wheels at
740-681-5050, ext. 105



Simple Changes at Home Makes Life Easier for People with Dementia

Everyday life can be challenging for someone with Alzheimers disease or dementia. But, simple adaptations can make home life easier and more pleasant.

- **Remove clutter so frequently-used items are easy to see** - When there's a lot of clutter around, it can be difficult for someone with dementia to see the item they need at the moment. Clearing away unnecessary

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

- 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

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

items and putting a focus on the things your older adult uses most helps them easily get what they need.

- **Use contrasting colors, but keep patterns minimal**

- Contrasting colors help people with dementia easily see useful objects - like a red plate on a white placemat or painting the bathroom door a different color.

But using too many patterns in decor can have the opposite effect. That can create visual confusion and make things harder to see. Too many clashing patterns can also cause agitation from too much visual stimulation.

- **Leave doors open and/or add simple signs** - Because someone with dementia may not remember where rooms are in their home, it's important to leave the interior doors open.

When the inside of rooms are visible, it's easier to navigate the house. If your older adult is frequently getting lost, consider putting up simple one-word signs (FOOD or KITCHEN) or pictures (a toilet or a bed) with an arrow pointing the ways to those essential rooms. Of course, if there are rooms they shouldn't go into, make sure to keep these doors closed and avoid calling attention to those areas.

A Dementia-Friendly Kitchen

- **Make often used items easy to find** - In a typical kitchen, most things are hidden behind cabinet doors and inside drawers. That often explains why people with dementia will open and close many kitchen cabinets and drawers. They can't remember where things are kept.

Keep kitchen surfaces as clutter free as possible and put the larger items that your loved one uses most front and center. To help them easily find smaller items like utensils or cups, place a sign or a photo of those items on the outside of the cabinet door or drawer.

Source: DailyCaring.com

Focus on Ability, Not Disability

As sons, daughters and spouses, it is incredibly challenging to watch the abilities of our loved ones decline because of dementia or cognitive change. However, regardless of how advanced a person's dementia or cognitive change is, they still can interact with the people and environment around them, though that interaction may be different than families are used to.

Focusing on your loved one's abilities to complete daily activities and care activities, rather than compensating for their disabilities, improves your loved one's confidence, engagement, emotional well-being, and physical well-being while potentially reducing your loved one's frustration, anger, apathy, and depression. This empowers your loved one's ability to complete activities and also allows family members to connect with their loved one as a family member, rather than as a care provider.

Source: Right at Home

When Seniors with Dementia Won't Eat

What can you do when your older adult loses interest in eating?

For seniors with Alzheimer's or dementia, this could be caused by a variety of factors, including loss of taste or smell, distractions, too many food choices, or having trouble with utensils.

Of course, you're trying to make sure they eat enough to maintain their health. This can make mealtime frustrating or unpleasant for both your older adult and you.

Here are some tips to increase the chances that your older adult will eat by reducing distractions, making it easier to see the food, and creating an enjoyable event.

- **Limit distractions.**

Serve meals in quiet surroundings, away from the television and other distractions.

- **Keep the table setting simple.**

Avoid placing items on the table - such as table arrangements or plastic fruit - that might distract or confuse the person. Use only the utensils needed for the meals.

- **Distinguish food from the plate.**

Changes in visual and spatial abilities may make it tough for someone with dementia to distinguish food from the plate or the plate from the table. It can help to use white plates or bowls with a contrasting color placemat. Avoid patterned dishes, tablecloths and placemats.

- **Check the food temperature.**

A person with dementia might not be able to tell if something is too hot to eat or drink. Always test the temperature of food and beverages before serving.

- **Be flexible to food preferences.**

Keep long-standing personal preferences in mind when preparing food, and be aware that a person with dementia may suddenly develop new food preferences or reject foods that were liked in the past.

- **Give the person plenty of time to eat.**

Remind him or her to chew and swallow carefully. Keep in mind that it may take an hour or longer to finish eating.

- **Eat together.**

Make meals an enjoyable social event so everyone looks forward to the experience. Research suggests that people eat better when they are in the company of others.

- **Keep in mind the person may not remember when or if he or she ate.**

If the person continues to ask about eating breakfast, consider serving several breakfasts - juice followed by toast, followed by cereal.

Source: DailyCaring.com, Alzheimer's Association



Central Ohio Chapter

Fairfield County

Alzheimer's Caregiver Support Group

Held in Meals on Wheels' Library

1515 Cedar Hill Road • Lancaster

Wednesday, May 8

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

Walk-In Hours at Meals on Wheels

Wednesday, May 29 • 10am - 12pm

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

Lindsay Blackburn

Alzheimer's Association - Central Ohio Chapter



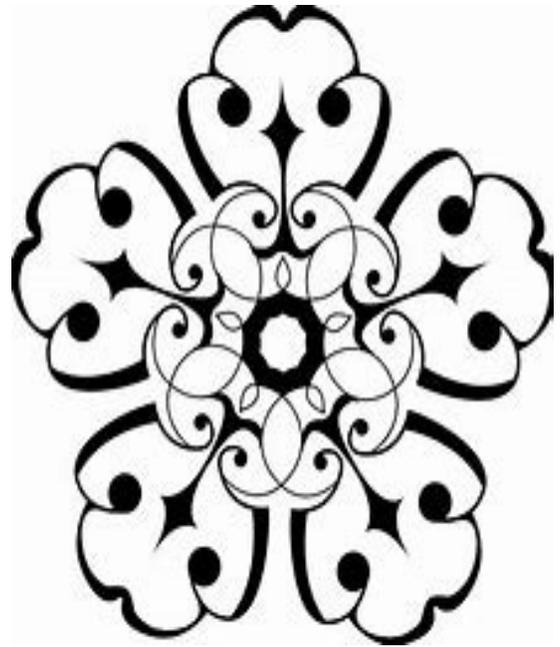
Providing Services for Older Adults and Their Caregivers
You have options - you choose the services that best fit your needs.

- Services can be long-term or short term.
- Caregiver Support Program to help ease some of the stress caregivers go through when caring for a loved one.
- Respite Care, Personal Care and Homemaking
- Medical Transportation
- Personal Emergency Response Systems
- Adaptive equipment such as wheelchairs, shower chairs, and transfer benches.

To begin receiving services, call the
Aging Services Office at 740-681-5050.

FIND THE LOST WORDS.

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

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|------------------|--------------|-----------------|----------------|
| <i>Allergies</i> | <i>Flu</i> | <i>Medicine</i> | <i>Rash</i> |
| <i>Cough</i> | <i>Germs</i> | <i>Nose</i> | <i>Sneeze</i> |
| <i>Dust</i> | <i>Itch</i> | <i>Oxygen</i> | <i>Throat</i> |
| <i>Exam</i> | <i>Juice</i> | <i>Pollen</i> | <i>Vaccine</i> |



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Nutrition Services

May 2024

May 4th is National Orange Juice Day or if you are a fan of Sci-Fi, it's also Star Wars Day.

I am not a big fan of Sci-Fi; food is more my wheelhouse, so I am going to share some benefits of orange juice in celebration of National OJ Day.

Rich in Vitamin C: A glass of orange juice provides a significant amount of vitamin C, which is essential for immune function, skin health, and iron absorption.

High in Potassium: The juice contains potassium, which helps regulate blood pressure and prevent bone loss.

Antioxidant Properties: Orange juice is high in antioxidants like flavonoids and carotenoids, which can help protect against chronic diseases by preventing oxidative damage.

May Prevent Kidney Stones: It can increase the pH of urine, making it more alkaline and potentially helping to prevent the formation of kidney stones. While orange juice has these benefits, it's also high in sugar. Whole oranges can be a healthier option due to their fiber content, which is mostly lost during the juicing process. It's best to enjoy orange juice in moderation as part of a balanced diet.

Reminder that we will be closed Memorial Day, May 27th. Please use your shelf stable holiday meal.

Amber Goines CDM, CFPP

Director of Nutrition Services.

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





FRIDAY · MAY 17
11:00AM - 1:00PM

OLIVEDALE SENIOR CENTER

253 BOVING ROAD, LANCASTER

Older Adult Network of Fairfield County
Health Fair

The 1st 100 participants will receive a complimentary t-shirt & Lunch



Join Healthcare Professionals from Fairfield County and surrounding areas for a tropical getaway! Get your Bingo Card and make your way to the islands at each booth to learn more about available services for older adults. Enjoy tropical sounds, refreshments, and the classic Beach Blanket Bingo film!

Questions regarding this FREE event call Olivedale Senior Center, 740-687-6655 ext 1600



Beautiful Artwork By; Sandy Balzer, Marie Brickey and Al Moyer.

They are working on their 4th one and they all are AMAZING.

“This nation will remain the land of the free only so long as it is the home of the brave.” – Elmer Davis

“Heroism doesn’t always happen in a burst of glory. Sometimes small triumphs and large hearts change the course of history.” – Mary Roach

“Our flag does not fly because the wind moves it. it flies with the last breath of each soldier who died protecting it.” – Anonymous

“A hero is someone who has given his or her life to something bigger than oneself.” – Joseph Campbell

“You will never do anything in this world without courage.” – Aristotle



Memorial Day, observed on the last Monday of May, holds a **solemn and significant purpose**: to honor the men and women who have **died while serving in the military**. Formerly known as **Decoration Day**, this U.S. [federal holiday serves as a poignant reminder of the ultimate sacrifice made by our brave military personnel during times of conflict and war](#)¹²³. It’s a day to pay homage to those who selflessly gave their lives while defending our nation.

The tradition of Memorial Day dates back to **1868**, when the first Memorial Day took place on **May 30**. On that day, **James A. Garfield**, an Ohio congressman who would later become the 20th American president, delivered a speech honoring fallen Civil War soldiers at **Arlington National Cemetery**. [Thousands of people then decorated the graves of these heroes, choosing the date to coincide with the full bloom of spring flowers](#)⁴.

As we approach **Memorial Day 2024** on **May 27**, let us pause to reflect on the sacrifices made by those who served, and honor their memory with gratitude and respect.



Do you find yourself not going out as much because you worry about falling?

A Matter of Balance has proven to be effective in the management of falls.

Join us for the award-winning program



A MATTER OF BALANCE

MANAGING CONCERNS ABOUT FALLS

**Mondays and Wednesdays
May 20 & 22**

May 29 (May 27 is Memorial Day. No class.)

**June 3 & 5; 10 & 12; Wed. June 17
1:00pm to 3:00pm**

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

The Senior Hub and The OSU Extension Office have partnered to offer this FREE 4-week series (classes meet twice per week) to those 60 and older.

A Matter of Balance will help you:

- Engage in a range of motion exercises that increase strength and balance.
 - View falls and fear of falling as controllable.
 - Overcome the fear of falling.
 - Recognize fall risk factors.
 - Set realistic goals for increasing activity.
 - Exercises are low impact, seated, and participants can use a chair to help with balance.
- Exercises are approximately 30 minutes of the 2-hour program.

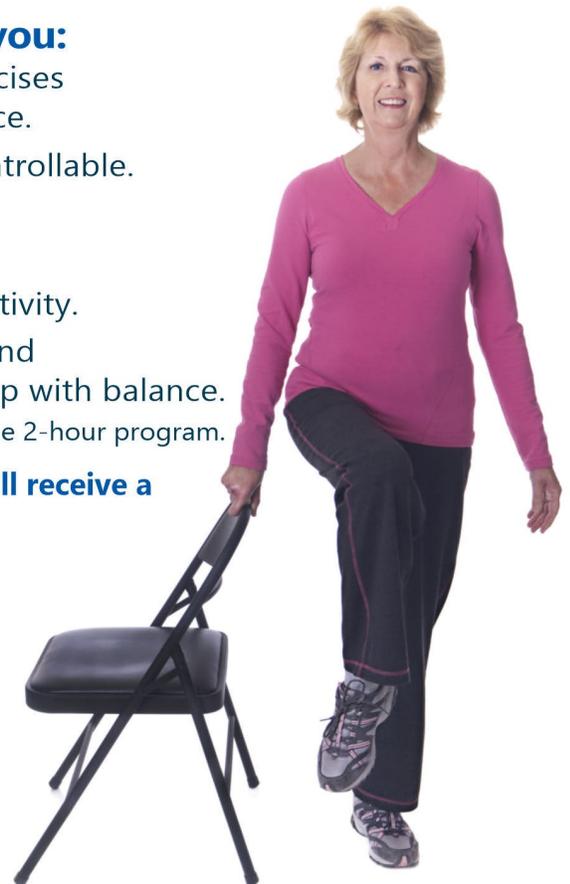
Everyone completing the program will receive a Certificate of Completion.

Registration is required to attend.

**Call Linda at The Senior Hub
740-681-5050, ext. 119.**

Registration Deadline: Monday, May 13

Attendance is requested at all sessions.



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL, AND ENVIRONMENTAL SCIENCES

In association with:



A Matter of Balance: Managing Concerns About Falls Volunteer Lay Leader Model ©2006 - This program is based on Fear of Falling: A Matter of Balance. Copyright ©1995 Trustees of Boston University. All rights reserved. Used and adapted by permission of Boston University.

A Matter of Balance Lay Leader Model - Recognized for Innovation and Quality in Healthcare and Aging, 2006, American Society on Aging. A Matter of Balance Lay Leader Model was developed by a grant from the Administration on Aging (#90AM2780).



Powered by Connection

The Senior Hub - Meals on Wheels is Celebrating Older Americans Month - May 2024

Established in 1963, Older Americans Month (OAM) is celebrated every May. Led by a federal agency, the Administration for Community Living (ACL), OAM is a time to recognize older Americans' contributions, highlight aging trends, and reaffirm commitments to serving the older adults in our communities.

This year's theme, **"Powered by Connection,"** focuses on the profound impact that meaningful connections have on the well-being and health of older adults.

It's not just about having someone to chat with, it's about the transformative potential of community engagement in enhancing mental, physical, and emotional well-being. By recognizing and nurturing the role that connectedness plays, it helps to mitigate issues like loneliness, ultimately promoting healthy aging for more Americans.

Older American Month is a time to recognize and honor older adults and their immense influence on every facet of American society.

Through their wealth of life experiences and wisdom, older adults guide our younger generations and carry forward abundant cultural and historical knowledge.

Older Americans improve our communities through intergenerational relationships, community service, civic

engagement, and many other activities.

Communities benefit when people of all ages, abilities, and backgrounds have the opportunity to participate and live independently.

The Senior Hub ensures that older Americans have the resources and support needed to stay involved in their communities - reflecting our commitment to inclusivity and connectedness.

Source: ACL.gov

The Senior Hub - Meals on Wheels is "Powered by Connection"

We recognize the vital role that connectedness plays in supporting independence and aging in place by combatting isolation and loneliness.

Call the Aging Services Offices at 740-681-5050 to learn more about our:

- Friendly Visitor Program
- TeleFriend Program
- Digital Connections Program
- Plus, over 20 additional aging services!

May is Healthy Vision Month - Everyone's Vision Can Change with Age

As you age, it is normal to notice changes in your vision. Vision changes can make it difficult to perform everyday activities, such as reading, walking safely, taking medications, performing self-care and household tasks, and driving.

Some changes are normal. These changes include the following:

- Losing focus, making it harder to focus vision up close.
- Having trouble distinguishing colors, such as blue from black or where an object ends and its background begins.
- Needing more light to see well and more time to adjust to changing levels of light (e.g. going from a room that is dark to one that is brightly lit).

These changes do not have to stop you from enjoying

an active lifestyle or maintaining your independence.

Vision changes can often be corrected with glasses, contact lenses, and improved lighting.

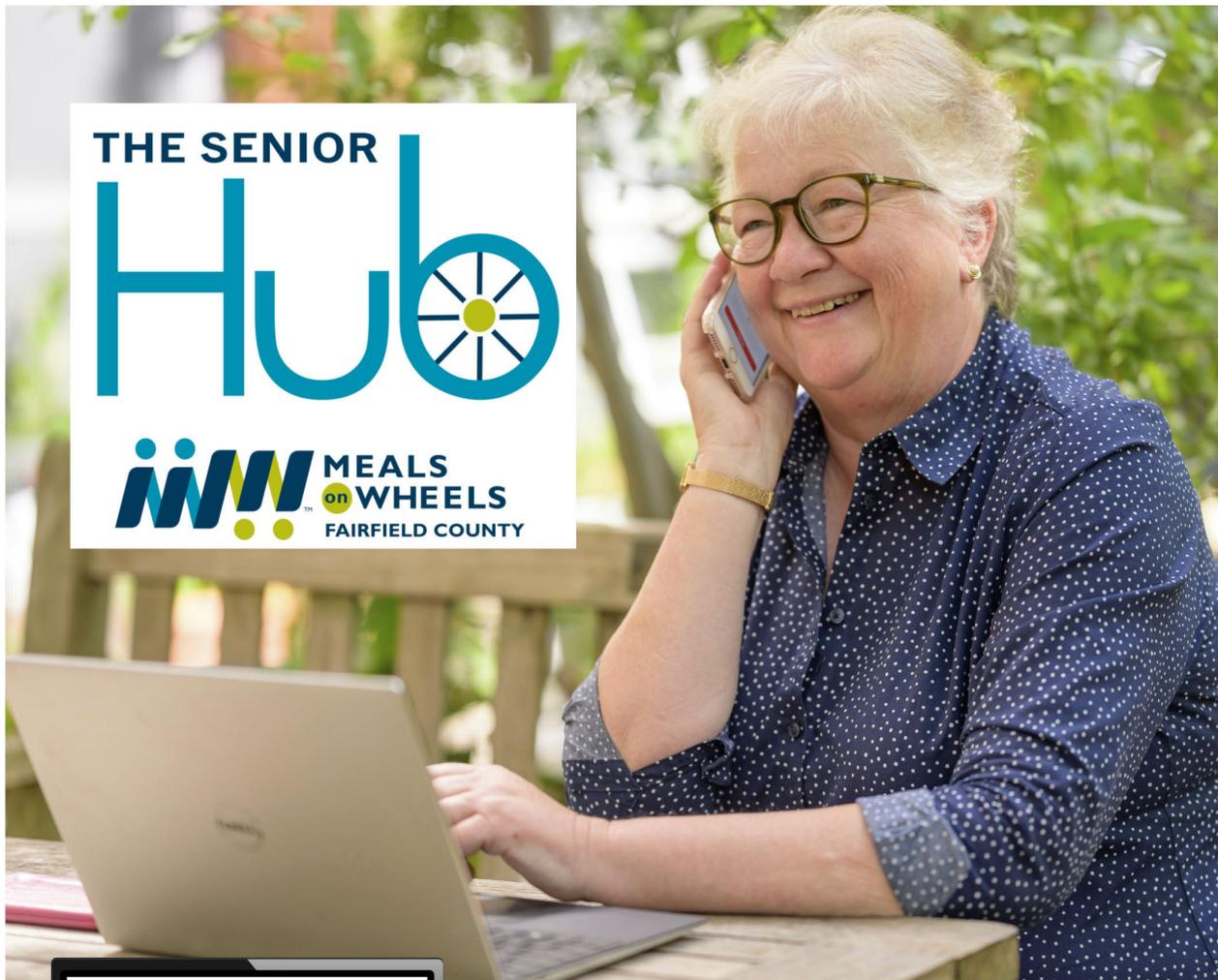
Vision loss is not a normal part of aging. But, as you get older, you are at higher risk of developing age-related eye diseases and conditions such as age-related macular degeneration, cataracts, diabetic retinopathy and glaucoma, that can lead to vision loss or blindness.

In their early stages, these diseases often have no warning signs or symptoms. The only way to detect them before they cause vision loss or blindness is through a comprehensive dilated eye exam.

Early detection and treatment can help save your sight.

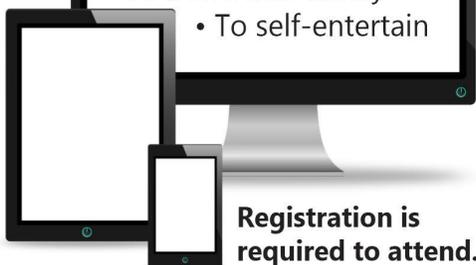
Source: National Eye Institute

Learn How to Digitally Connect



Learn Basic Computer Skills

- To deal with daily needs
- To bond with family
- To self-entertain



Registration is required to attend.

Call Julie at
740-681-5050
extension 121

Must attend all
4 classes.

1515 Cedar Hill Road
Lancaster, OH 43130



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.

**Join us for a 4-week series of classes.
May 21 & 28; June 4 & 11**

Each class is 1 hour and meets in The Senior Hub's Computer Lab.

Who should attend?

- Anyone 60 years of age or older who is new to using computers.
- Seniors who would like to improve their basic computer skills and knowledge.
- Once the basics are in place, join us for additional specialty classes to help you delve into the digital world more confidently and safely,

Future computer classes include accessing online banking and healthcare portals, FaceTime and Email.

Funded through the Ohio Department of Aging - Healthy Aging Grant.

Mother's Day, [holiday](#) in honor of mothers that is celebrated in countries throughout the world. In its modern form the holiday originated in the [United States](#), where it is observed on the second Sunday in May. Many other countries also celebrate the holiday on this date, while some mark the observance at other times of the year. During the [Middle Ages](#) the custom developed of allowing those who had moved away to visit their home parishes and their mothers on [Laetare Sunday](#), the fourth Sunday of [Lent](#). This became Mothering Sunday in [Britain](#), where it continued into modern times, although it has largely been replaced by Mother's Day



[Anna Jarvis](#) of [Philadelphia](#), whose mother had organized women's groups to promote friendship and health, originated Mother's Day. On May 12, 1907, she held a memorial service at her late mother's church in [Grafton, West Virginia](#). Within five years virtually every state was observing the day, and in 1914 U.S. Pres. [Woodrow Wilson](#) made it a national holiday. Although Jarvis had promoted the wearing of a white [carnation](#) as a [tribute](#) to one's mother, the custom developed of wearing a red or pink carnation to represent a living mother or a white carnation for a mother who was deceased. Over time the day was expanded to include others, such as grandmothers and aunts, who played mothering roles. What had originally been primarily a day of honor became associated with the sending of cards and the

Festivals honoring mothers and mother goddesses date to ancient times. The Phrygians held a festival for Cybele, the [Great Mother of the Gods](#), as did the [Greeks](#) for the goddess [Rhea](#). Likewise, the Romans adapted the practice to their own [pantheon](#). Some countries have continued to observe ancient festivals; for example, Durga-puja, honoring the goddess [Durga](#), remains an important festival

This article was most recently revised and updated by [Meg Matthias](#).



SilverSneakers

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 offer 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.
May 10th & May 24th.

Every Friday!!!

At Meals on Wheels

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

Join us for lots of fun!

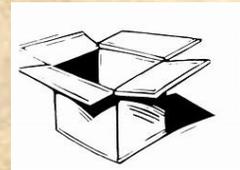


April Commodity Box Pick-Up

- Last name beginning with **A-J** **Wed. May 15th. 1 -3:00pm**
- Last name beginning with **K-Z** **Thurs. May 16th. 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.



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 — May 25, 2024

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

