



# Alternatives

for older adults



Grandparent's Day-September 8th



September 2024 Vol. 20 No. 9

1515 Cedar Hill Road, Lancaster, OH 43130

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

# BEWARE

## *Scams Trending in 2024*

Scammers love seniors. They are under the impression older adults have money, are cognitively impaired, and/or are isolated and lonely. Tricksters of today have the technology to tamper with Caller ID so it looks like a legitimate agency. Be aware of these six fake interactions:

1. **[Social Security Scams](#)**—The Social Security Office will never call unless you have requested the call. **The SSA will never** threaten you with arrest or legal action because you don't agree to pay immediately. **They will never** Suspend your Social Security number. **They will never** promise a benefit increase in exchange for money. **They will never** ask you to send gift cards, prepaid debit cards, wire transfers, Internet currency, cryptocurrency, or cash through the U.S. mail.
2. **[Medicare Scams](#)**—Sometimes, the scammer is an insurance agent ignoring compliance guidelines and mistreat and misinform senior citizens. **>You** are under no obligation or pressure to enroll in a plan that day; you have from October 15 to December 17. **>No plans** are endorsed by or preferred by Medicare. **>Insurance** agents are now required to record all calls, so if the call isn't being recorded, it's not compliant. **>Insurance** agents must also read off this disclaimer within the first 60 seconds of your call: "We do not offer every plan available in your area. Currently we represent ( #) organizations which offer (#) products in your area. Please contact Medicare.gov, 1-800-MEDICARE, or our local State Health Insurance Program to get information on all of your options." [Debbie Zwicker is here to answer OSHIP questions. You can call her with your inquiries or to set up an appointment. 740-681-5050 ext. 112](#)
3. **[Check Cooking Sams](#)**—Thieves get ahold of a check you wrote, stolen from trash or outgoing mail and take a picture. They run the photo through commercially available digital software, and erase the name and amount of money while keeping the signature. For safety, you may consider using a credit card or selecting auto-pay to pay your bills.
4. **[Tech Support Scams](#)**—Tech support scammers call and say there's a problem with your computer and tell you they will need remote access to your computer. They run a fake test to fix the nonexistent problem. Anytime a stranger calls and demands payment, assume it's a scam. Besides, no one will call you; you'll need to call them.
5. **[IRS Stimulus Money Scams](#)**—The IRS will never call or email you about your stimulus payment. If they wish to correspond with you, it will be through post office mailing. If you have questions for the IRS, go to IRS.gov. [Reminder: If any government agency calls you and asks for personal information or money, it's a scam. Hang up the phone or delete the email immediately.](#)
6. **[Fake Prescriptions Scam](#)**—Fake prescriptions might be contaminated, contain the wrong ingredients, have no active ingredient, or be the wrong dosage. To avoid fake prescription drugs, closely inspect your prescription packaging every time you fill it. If there are any changes, alert your physician or pharmacist. If your medication causes any unusual side effects or your health condition doesn't get better, talk to your physician or pharmacist. Never purchase drugs online from distributors who don't require a prescription, and always look for the seal of approval called the Verified Internet Pharmacy Practice Site (VIPPS), provided by the Association of Boards of Pharmacy in the United States.

Samshockaday.com





Connie



Charlotte



Bettie



Al



Carole



Sandy



Barb



Bonnie



Maxine



Kathy



Rita



Judy



Fran



Linda



Thanks for the beautiful pictures.

# September is National Suicide Prevention Month

## Preventing Suicide in Seniors and Older Adults

Older adults are among the most vulnerable to suicide. The fact is the rate of suicide among our aging population is growing. In 2023 there were 28 deaths by suicide in Fairfield County. Twenty-two percent of those deaths were 60+. \* In Ohio, men age 75+ have the highest suicide rate among all populations.\*\*

Mental health and suicidal thoughts are of particular concern to seniors. As a population, older adults experience far too many age-related losses, such as death of a spouse, chronic illness or pain, financial setbacks and changes in living situations. Each of these losses can lead to feelings of profound grief, loneliness and isolation.

## Risk Factors and Warning Signs:

Suicide is preventable. Here is what to look for:

- Demonstrates frustration over the loss of independence
- Appears to feel hopeless, anger, or aggressive
- Seems isolated, lonely, or socially distant
- Has a medical condition that limits functionality or life expectancy
- Is cognitively impaired and has trouble with impulse control
- Has lost interest in normal activities or planning the future
- Has previously attempted suicide
- Lacks a sense of purpose
- Has a history of depression



<https://www.wecarefairfield.org/>



## September is National Suicide Prevention Month...continued

### Ways you can help:

Talking, being there for someone, keeping them safe is a good start toward preventing suicide in older adults. Here are some other things you can do to help prevent suicide in seniors.

Connect older adults to resources and support systems

Stay in touch by phone, text, cards and visits

Ensure they maintain good physical and mental health

Encourage social relationships and connections that instill a sense of purpose

Promote leaning into spiritual beliefs, especially those that encourage resiliency

Talking about grief, loss and the issue of suicide is an act of loving kindness. Don't be afraid to reach out and ask the hard questions, such as "are you thinking of suicide" or "How satisfied are you with your life right now."

<https://www.fairfieldadamh.org/>



The Senior Hub partners with ADAMH to bring in-home counseling to older adults who are struggling with grief, anxiety, depression, and other mental health related conditions. This service connects you with a licensed counselor who will come to your home. Give us a call and speak with the Aging Services staff to learn more about this service. 740-681-5050 option 4.

\*Data from Fairfield County Health Department

\*\*Data from Ohio Department of Health Information adapted from the Ohio Suicide Prevention Foundation



**Chelsie McClelland** joined our staff in June as the Human Resource Generalist. She comes to the agency with 6 years of experience working in Human Resources. When Chelsie noticed The Senior Hub's posting, she felt it was the perfect opportunity to find a home for her career. The Senior Hub encompasses much of what she is looking for, all while making a difference in the community.

Chelsie and her husband, Daniel, have 2 children, a 3-year-old son and a 6-month-old daughter. She enjoys spending her free time with her family, playing, crafting, or finding places to explore.



**Leatha Whitney** comes to The Senior Hub with 45 years of nursing experience, a master's in nursing education, and has spent the majority of her career as a staff nurse in long term care. Most recently she was the Director of Quality and Regulatory Compliance and Acting Vice President for FAIRHOPE Hospice and Palliative Care, where she retired from in January of this year.

After hearing Executive Director, Anna Tobin, speak on The Senior Hub's services Leatha felt it was her calling to volunteer for our agency. While in the process of becoming a volunteer, Leatha came across our In-Home Services Manager position, which is how she joined our team in July.

Leatha likes to spend her free time sewing, embroidering, and quilting. She is extremely proud of her four children, as well as, her grand puppies.





**Shannon McCullough** joined The Senior Hub as a Homemaker in July. She has a Communications degree from OU and came to the agency because she loves our mission, values, and the impact we have on the community. Shannon and her husband, Todd, have a 16-year-old son and 2 dogs, Buffy and Oz. In her spare time she likes to go to concerts, visit her parents, and hang out with friends.

**WELCOME ABOARD!**



**Annitta Fields** is working as a Kitchen Associate in our Nutrition Services Department. Annitta is retired after working for over 30 years in the food service industry. She came to The Senior Hub with the drive to help those in need. Annitta has been married to her husband, Darrell, for 39 years. They have 3 kids, 4 grandkids, and 2 dogs, Belle and Bear. In her free time Annitta likes to garden, quilt, and spend time with her grandkids.



Seniors from Mt. Pleasant Senior Apartments congregate dining site created lovely flower arrangements to donate to a local rehab center. What a kind way to give back to the community!

**HELPING**  
**Others**

## Digital Connect

Free computer classes for the beginner

- Learn how to use a mouse
- Learn how to navigate the keyboard
- What does a link look like?
- And more.

**There are five seats available. Call with any questions or to reserve a seat.**

**Julianna Kincaid 740-681-5050 ext. 121**

## 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.

## FRIDAY ACTIVITIES

- Bingo every Friday. Everybody wins! **10:15 am - 11:15 am**
- Chair Volleyball. Every Friday. **1:00 pm- 2:00 pm**
- Blood Pressure Screening, **10:00 am - 1:00 pm on September 6th. & 20th. FREE.**

### Commodity Box Pick Up at St Mark's Church

Last name beginning with A-J    Wed.    September 18th. 1-3pm.

Last name beginning with K-Z    Thurs.    September 19th. 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 • 1515 Cedar Hill Road • Lancaster



# September is Healthy Aging® Month

September is Healthy Aging® Month and the time to get started on better health practices. Think it's too late to "re-invent" yourself? Think again. According to Carolyn Worthington, editor-in-chief of Healthy Aging® Magazine and executive director of Healthy Aging®, it's never too late to find a new career, a new sport, passion or hobby. And, now is the time to travel more than ever.

Worthington is the creator of [\*September is Healthy Aging® Month\*](#), an annual health observance designed to focus national attention on the positive aspects of growing older. Now in its second decade, Worthington says *September is Healthy AgingMonth* provides inspiration and practical ideas for adults, ages 45-plus, to improve their physical, mental, social and financial well-being.

The numbers of people over 45 is growing every year. The attention used to be just on the baby boomers. The generation x-ers are elbowing their way in and have many of the same interests as the previous generation – stay active and vibrant as long as possible. There are over 76 million baby boomers today over 50 and the first of the 82.1 million generation x-ers reached that milestone in 2015.

“Use September as the motivation to take stock of where you’ve been, what you *really* would like to do if money was no object,” says Worthington. “And try it! Who says you have to do something related to what you studied in school? Who says, you can’t start your own home business later in life, test you’re your physical prowess, or do something wildly different from anything you’ve done before? Only that person you see in the mirror!”



*September is  
Healthy Aging Month*



# Causes of senior

## Transportation Issues

Many seniors don't have access to transportation, making it more difficult to get to grocery stores or food pantries.

## Fixed Income

Seniors often have limited income, making it difficult to afford food and other expenses like rent, utilities, and prescription medicine.

## Health Conditions

Seniors are more likely to have chronic health conditions that make cooking and grocery shopping difficult.

## Social Isolation

Seniors who live alone may not have family or caregivers who can help them with grocery shopping and cooking.

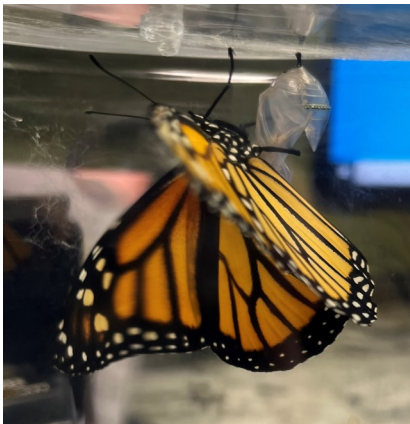
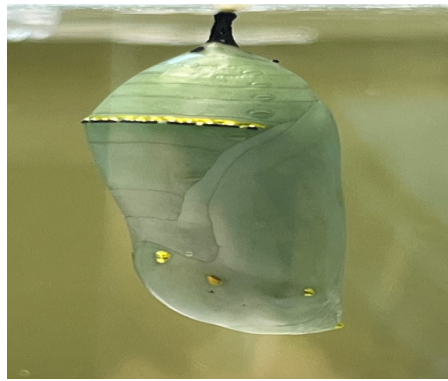
**If you or someone you know is struggling with food insecurity, give us a**



Thank you to the client who gave us the opportunity to watch the process of a caterpillar transforming into a butterfly. We so enjoyed it!







## With out change there would be no **BUTTERFLIES**

Thank you to the client for bringing in the cocoons, we have enjoyed watching them grow into butterflies.

It's hard not to be captivated by the fluttery, fragile beauty of butterflies and moths. But the caterpillars they start from—with a variety of colors, shapes, markings, and armor—can be equally captivating. What caterpillars all have in common is the incredible metamorphosis they undergo on their journey from egg to butterfly or moth.

Caterpillars represent just one stage of this transformational trek—the larval stage—during which their main purpose is to eat and grow. They grow so much during their brief lives that they typically shed their skin several times, often revamping their appearance from one instar phase to the next. "Instar" refers to the developmental stage of an arthropod between its various molts.

Afterward, butterfly caterpillars molt one final time into a hard chrysalis to begin their magical make-over, and moth caterpillars (with a few exceptions) wrap themselves in a silky cocoon.

Whether you love identifying caterpillars in the wild or determining friend from foe in your garden, here's a before-and-after look at some of Mother Nature's most notable species.

# Caregiving

Coping. Caring. Communicating.

## The Beginning of Your Journey

Caregiving for a family member or friend may be one of the most challenging --and rewarding--jobs you will ever have. You will be joining more than 53 million family caregivers from across the country who perform a variety of tasks and offer differing amounts of time as unpaid caregivers. While your caregiving journey will be similar to that of other caregivers, your needs will be unique to your individual circumstances.

One of the most critical steps in accepting the role of caregiver is to ensure your own physical, emotional, and social well-being is supported. Taking care of yourself first will enable you to be a better caregiver, but will also help to preserve your own well-being for the future.

**Planning for your own self-care.** Planning for your own self-care will require a thoughtful and intentional approach as you accept your new role as caregiver. This article will provide steps to consider when beginning your journey and provide suggested language as you create your own “caregiver bill of rights”.

Please be reminded that the Senior Hub offers advice, programs, and other resources to help caregivers succeed in their role, reduce stress, and prevent burnout. Give the agency a call to speak with a trained staff member.

**740-681-5050 option 4.**



## 10 Ways to get Started on your caregiving journey

- 1, Don't go it alone-Being a family caregiver can be exhausting and intense; look to fellow caregivers to show you the way.
2. Build a support network-Enlist family, friends, and community members who are willing to assist with caregiving tasks. Accept offers of help and ask for what you need.
3. Make a budget-Family caregiving expenses can quickly deplete your savings, It is important to create a financial plan and stick to it.
4. Talk early and often-Good communication with family, friends, health care providers, and others in your network is key. Be open to using new technology for communicating to make family caregiving easier.
5. Do a gut check-It's OK to feel angry, resentful, frustrated or guilty; in fact, it is common among family caregivers. Be open to talking with a mental health professional or connecting with a support group.



# Caregiver's

## Sample Bill of Rights

- To take care of myself. This is not an act of selfishness. It will give me the capability to take better care of my loved one.
- To seek help from others even though my loved one(s) may object. I recognize the limits of my own endurance and strength.
- To maintain facets of my own life that do not include the person I care for, just as I would if he or she were healthy. I know that I do everything that I reasonably can for this person, and I have the right to do some things just for myself.
- To get angry, depressed, and to express other difficult feelings occasionally.
- To reject any attempts by my loved one(s) (either conscious or unconscious) to manipulate me through guilt, and/or depression.
- To receive consideration, affection, forgiveness, and acceptance for what I do.
- To take pride in what I am accomplishing and to applaud the courage it has sometimes taken to meet the needs of my loved one(s).
- To protect my individuality and my right to make a life for myself that will sustain me in the time when my loved one(s) no longer need(s) my full-time help.
- To expect and demand that as new strides are made in finding resources to aid physically and mentally impaired persons in our country, similar strides will be made towards aiding and supporting caregivers.

<https://www.ncoa.org/article/caregiver-self-care-why-you-should-create-a-caregiver-bill-of-rights>

Overwhelmed by learning how to be a caregiver?  
Improve your confidence, reduce stress, and  
prevent burnout. Sign up for free today.

## TRUALTA

**Trualta is a free, on-line resource for caregivers to help along the caregiving journey.**

[coaaa.trualta.com](https://coaaa.trualta.com)

- On demand videos with practical advice
- Toolkits for quick, hands on learning
- 500+ articles from caregiving experts

## 10 Ways to get Started on your caregiving journey (continued)

6. Get paperwork organized- Organizing medical information and legal documents provides peace of mind, and it's a real time-saver for when you need it on a moment's notice.

7. Know your limits-Although it isn't easy, sometimes being a great family caregiver means knowing when it's time to seek professional help to care for your loved one.

8. Build your skills-Whether you are employed or are a full-time unpaid family caregiver, the skills and responsibilities you're taking on are real. Learn how to talk about your caregiving role with employers and prospective employers in a clear and professional manner.

9. Take time for yourself-You are doing one of the toughest jobs in the world. Remember to give yourself credit and acknowledge your growth as a family caregiver and find ways to treat yourself when you can.

10. Realize help is available. There is a whole world of information available to support family caregivers. The Senior Hub, Central Ohio Area Agency on Aging, and AARP are good resources.

<https://www.aarp.org/caregiving/basics/info-2023>



**Central Ohio Chapter**

**Fairfield County  
Alzheimer's  
Care Giver Support Group**

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

**Wednesday, September 11  
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**

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**Walk-In Hours at The Senior Hub  
Wednesday, September 18 - 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



# Nutrition Services

**September 2024**

I want to share an exciting change with the Commodities Supplemental Food Program (CSFP). Linda Swarts will be your new contact for any CSFP related questions, issues, etc. You can reach her at 740-681-5050 ex. 102.

CSFP boxes are offered once a month to assist income eligible older adults stretch their food dollar. The food box contains a variety of USDA donated commodities that may include **cereal, grits, powdered milk, pasta, evaporated milk, cheese, rice, canned meat, peanut butter, canned fruit, canned vegetables, fruit juice, dry beans, and oats**. The contents vary from month to month and we are not informed as to what is in the box from month to month.

If you are struggling with food insecurity in your home, we are happy to determine your eligibility for this program and if you qualify, we will assist you in getting signed up for this program.

Food boxes may be delivered to your home or picked up at our drive-through service.

Amber Goines, CDM, CFPP  
Director of Nutrition Services



Foods prepared and served by Meals on Wheels contains no added salt. Ingredients are available by request for all foods prepared by Meals on Wheels or can be found on the agency' website page under the menu tab. [www.theseniorhubfc.org](http://www.theseniorhubfc.org)



**“9/11 changed nearly everything.”**



## 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

5				8	6			1
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### Presidential Election 2024

**Tuesday, November 5**

**Your vote counts.**

If you aren't able to make it to the polls on election day, we can send you an Absent Ballot Application.

Call Julianna at 740-681-5050 Ext. 121. OR, you can call Fairfield County Board of Elections at 740-652-7000.

### MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS AND DONATIONS

PLEASE CALL 740-681-5050 to make a payment or go to [www.mowfc.org](http://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 — September 26, 2024**

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