



Pike County Senior Center

January and February 2021 Golden Oldies Newsletter

402 Clough Street, Waverly, Ohio 45690 740-947-5555 M-F 8:00am-4:30pm




Keith Pitts, Executive Director
Michelle Diehl, Director of Senior and Transit Programs

Pike County Senior Center Re-Opening Update

Ohio Governor Mike DeWine recently announced that Ohio senior centers may reopen at a reduced capacity, beginning on September 21, 2020 - if the facilities can meet certain safety standards outlined by the Ohio Department of Health. These safety standards, which are part of the Responsible Restart Ohio plan, are aimed at ensuring the safety of senior center participants and staff in light of the current COVID-19 pandemic. The following are included in the safety standards related to reopening Senior Centers:

- Facilities shall implement COVID-19 testing of all participants and staff members consistent with protocols and guidelines established by ODA, in consultation with ODH.
- To the extent feasible, use cohorting of participants to minimize the risk of disease spread and adverse health outcomes.
- Maintain adequate inventory of PPE.
- 6ft. Distance for dining/seating areas.
- Prohibit field trips, excursions, and large group events.
- Participants considered to be a risk to others shall not be accepted into the facility until it is safe for everyone.
- During the initial phase of limited capacity, participants unable to wear masks shall not be permitted to return to facilities.

Out of an abundance of caution, and to ensure the safety of our members, program participants, and staff, we have made the decision to **delay** the reopening the Pike County Senior Center at this time for **in-person congregate meals, activities and events**.

We recognize the importance of our programs to our senior community and wish to continue to provide meals to the largest number of people possible. For this reason, we will continue to provide the vital senior services of **home-delivered meals and congregate meals via pickup**.

We will continue to work toward our goal of a safe reopening for in-person Congregate Meals and Activities, and will provide updates as they are available. The safety of our members, program participants, and staff is our top priority.

If you have any questions regarding our programs and services, please call the Pike County Senior Center at 740-947-5555.

Welcome



Hello. My Name is Marlana Long; I am the new **Mobility Management Specialist** for Pike County. My office is located in the CATS transit facility in Waverly. I have 6 years' management experience in Non-Emergency Medical Transportation, providing transportation needs for people in Ross county and also assisted with transportation needs in Pike, Vinton, and Hocking counties. I pride myself in maintaining a good professional relationship with the clients and businesses of the community to ensure quality service.

As the Pike County Mobility Management Specialist, I am dedicated to assisting residents of the county with any transportation issues they or their loved ones may have and seek solutions to their transportation situations. I look forward to meeting and getting to know Pike County Seniors and learning their mobility needs.

Some Fun Facts about Me:

- Favorite Vacation Spot-Tennessee
- Favorite Color-Purple
- Favorite Sport: Baseball
- Favorite TV Show- Friends & Andy Griffith
- Favorite Season: Fall
- Favorite Food: Seafood
- Favorite Holiday: Christmas**
- Favorite Christmas Movie: White Christmas
- Favorite Christmas Music: The Classics- Bing Crosby, Dean Martin, Nat King Cole.

If you are a potential customer or an existing customer seeking transportation and have questions, please contact me and I will help you get the answers you need!

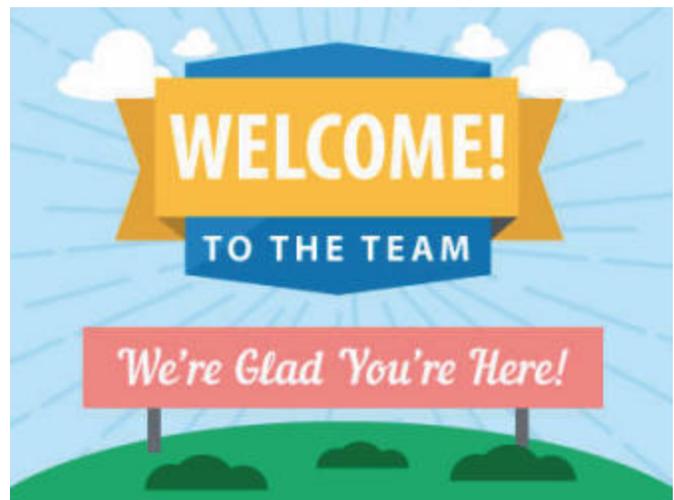
Marlana Long
Mobility Management Specialist
Phone: (740) 835-8474 ext. 7303
Fax: (740) 835-8489

Hi! My name is Amy Oyer and I am the new Data Entry/ Customer Service/CSBG Clerk at the Pike County Senior Center. For the last six years, I have been the Rental Host for outside rentals as well as the Friday night dances.

Some Fun Facts about Me:

- Dream Vacation Spot-Jamaica
- Favorite Color-Blue
- Favorite Sport: Baseball and Football
- Favorite TV Show- Once Upon a Time
- Favorite Food: Italian
- Favorite Holiday: Christmas**
- Favorite Christmas Movie: A Christmas Story
- Favorite Music: The Classics- Country

I look forward to helping the citizens of our county and to see your smiling faces when we open back up.





CALL TO
SCHEDULE A
COVID 19
DRIVE THRU TEST



Cost: Free

Test: Nasal Swab

Testing by Appointment Only:

Established Valley View Health Center patients must call to register for a testing appointment.

Non established patients must call and complete registration process to receive a testing appointment.

Results: Same Day.

**please ensure that you provide a good contact number you can be reached at to receive results.*

Hours of Operation:
Fridays – 9:30 AM – 1:30 PM

Contact Info
740-289-3508

Instructions for Arrival:

Do Not arrive more than 5 minutes prior to your scheduled appointment.

Do wear a protective face covering to your appointment.

Do Not exit your vehicle unless requested to do so by staff.

Limit passengers in vehicle to only the individual being tested if possible.

Car Winterization Checklist

 Check Engine Fluid Levels
Oil, Coolant, Washer Fluid, etc.

 Test Battery
Replace if Necessary

 Use Deicing Washer Fluid
Clean Windshield at Low Temps

 Switch to Synthetic Oil
Handles the Cold Better

 Inspect Tire Tread
Replace if Near Wear Limit

 Install Snow Tires if You Own a Set

 Test Headlights & Taillights

 **Add & Inspect Winter Survival Kit**

 NATIONAL WEATHER SERVICE

EMERGENCY VEHICLE KIT

- .Ice scraper/snow brush
- .De-Icer
- .Small snow shovel
- .Warning devices
(flare/triangles)
- .Bag of salt or sand
- .Mobile phone/charger
- . Flashlight
- . Battery cables
- . Tire chains
- . Paper towels
- . Blanket
- . Non-perishable food and water

Winter Driving



Tips for driving in the snow:

- Accelerate and decelerate slowly. Applying the gas slowly to accelerate is the best method for regaining traction and avoiding skids. Don't try to get moving in a hurry. And take time to slow down for a stoplight. Remember: It takes longer to slow down on icy roads.
- Drive slowly. Everything takes longer on snow-covered roads. Accelerating, stopping, turning – nothing happens as quickly as on dry pavement. Give yourself time to maneuver by driving slowly.
- The normal dry pavement following distance of three to four seconds should be increased to eight to ten seconds. This increased margin of safety will provide the longer distance needed if you have to stop.
- Know your brakes. Whether you have antilock brakes or not, the best way to stop is threshold breaking. Keep the heel of your foot on the floor and use the ball of your foot to apply firm, steady pressure on the brake pedal.
- Don't stop if you can avoid it. There's a big difference in the amount of inertia it takes to start moving from a full stop versus how much it takes to get moving while still rolling. If you can slow down enough to keep rolling until a traffic light changes, do it.
- Don't power up hills. Applying extra gas on snow-covered roads just starts your wheels spinning. Try to get a little inertia going before you reach the hill and let that inertia carry you to the top. As you reach the crest of the hill, reduce your speed and proceed down hill as slowly as possible.
- Don't stop going up a hill. There's nothing worse than trying to get moving up a hill on an icy road. Get some inertia going on a flat roadway before you take on the hill.
- Stay home. If you really don't have to go out, don't. Even if you can drive well in the snow, not everyone else can. Don't tempt fate: If you don't have somewhere you have to be, watch the snow from indoors.



Source: www.aaa.com/winter-driving-tips



**DESIGNED TO
IMPROVE
emotional health**

A program dedicated to addressing the emotional and behavioral health of adults typically over the age of 65.

Call today for assistance
40-947-6512



WE'RE HERE TO HELP

Do you or someone you know suffer from any of the following:

- Loneliness
- Depression
- Grief and Loss
- Decreased Energy
- Anxiety
- Crying
- Life Transitions
- Low Self-Confidence

Senior Life Solutions staff includes board-certified psychiatrist, licensed therapist, registered nurse and trained professional to ensure you receive the best care.



A drop box has been installed for HEAP services, membership dues and any pertinent information the senior center staff would need. It is checked daily Monday-Friday.



Linda Knisley is the winner of this beautiful quilt handmade by Violet Williams. Winner was drawn on December 3.





The
**COMMUNITY
ACTION
COMMITTEE**
OF PIKE COUNTY

941 Market St.
Piketon, Ohio 45661



PIKE COUNTY RESIDENTS!

Are you an AEP customer with AT LEAST 12 months at your current address?

You may be eligible!

Low income homeowners and renters who are AEP customers residing in Pike County and whose income is at or below 150% of federal poverty guidelines are eligible to apply for the program. The program offers each customer an energy assessment to determine if their refrigerator and/or freezer need to be replaced. The assessment will also identify the number of energy saving LED light bulbs that need to be installed.

The old energy inefficient appliances will be removed and replaced with new energy efficient appliances **AT NO COST TO THE CLIENT**

Homeowners/Renters must:

Reside in Pike County Possess the refrigerator/freezer
Be income eligible Renters **MUST** obtain property owner's permission

If you are interested and would like to see if you qualify call
Mitchell Smith

at 740-443-6020 Option #3

CALL TODAY!

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CANCER ARE PREVENTABLE.

Ask your provider about a flu shot and FIT testing today.

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EASY FIT TEST FOR MEN AND
WOMEN 50-75 YEARS YOUNG.



Valley View
HEALTH CENTERS

Social Engagement Tips

OLDER ADULTS

Even during times of social distancing, it is important that you find new and creative ways to stay connected to your family, friends, and community. This can help to reduce social isolation and the risk of increased health problems that may result otherwise. Social distancing does not mean you have to be isolated from your favorite activity or the people you care about. The following tips may help you stay connected.

- **Use technology** to stay in touch with family and friends. Video conferencing services such as FaceTime, Zoom, and Google Duo let users to see one another. You can share a meal, a cup of coffee, or do an activity such as painting, yoga, or exercise together. These applications (“apps”) can be used on a computer or mobile device (smartphone, tablet, or iPad). If you are unsure how to do it, ask a family member or friend to help you.
- **Take a virtual tour** of exhibits from around the world. Planning a virtual tour with family or friends can be fun and done at home. Visit [Virtual Exhibits for Online Learning and Fun to find virtual tours that may want to explore.](#)
- **Stay involved** with your social groups. Some faith-based organizations and senior centers are offering online experiences during this time. Continue to engage with your social groups to help maintain important connections and relationships.
- **Try meditation.** Take time out to focus your mind and the feelings you have towards yourself and your loved ones. This may help you feel connected. There are many guided meditations that you can access online or through podcasts for free.
- **Stay active.** Exercise is important for your mental and physical health. It can help reduce feelings of loneliness and isolation. Visit [Go4Life](#) for a list of exercises that you can do while at home.
- **Take a walk.** Being in nature can help increase your well-being and make you feel peaceful.



We hope that you all had a wonderful holiday season and are staying safe. As noted on the front page, out of an abundance of caution, and to ensure the safety of our members, program participants, and staff, we have made the decision to **delay** the reopening the Pike County Senior Center at this time for **in-person congregate meals, activities and events.**

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We will continue to work toward our goal of a safe reopening for in-person Congregate Meals and Activities, and will provide updates as they are available via the radio, newspaper, Facebook and our marquee sign. The safety of our members, program participants, and staff is our top priority.



Just know, we miss everyone like you cannot believe and we look forward to the day we will all be together again. Until then, stay safe!

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LPi

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AVAILABLE

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CATS

Community Action Transit System
A Division of the Community Action Committee of Pike County

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schedule your ride today!

Please call at least 24
hours in advance.

www.catsservices.org



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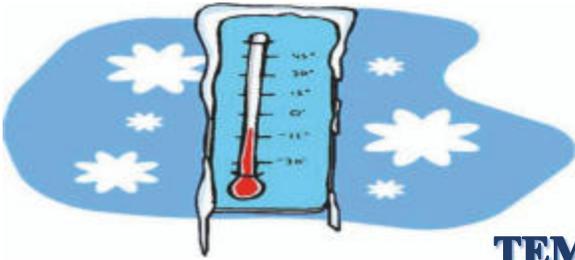
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14-1408



**TEMPERATURES ARE FALLING AND
UTILITY COSTS ARE RISING!!!**

**OUR WINTER CRISIS PROGRAM
CAN HELP INCOME ELIGIBLE
HOUSEHOLDS!**

**APPOINTMENT LINE OPENS
OCTOBER 19TH.**

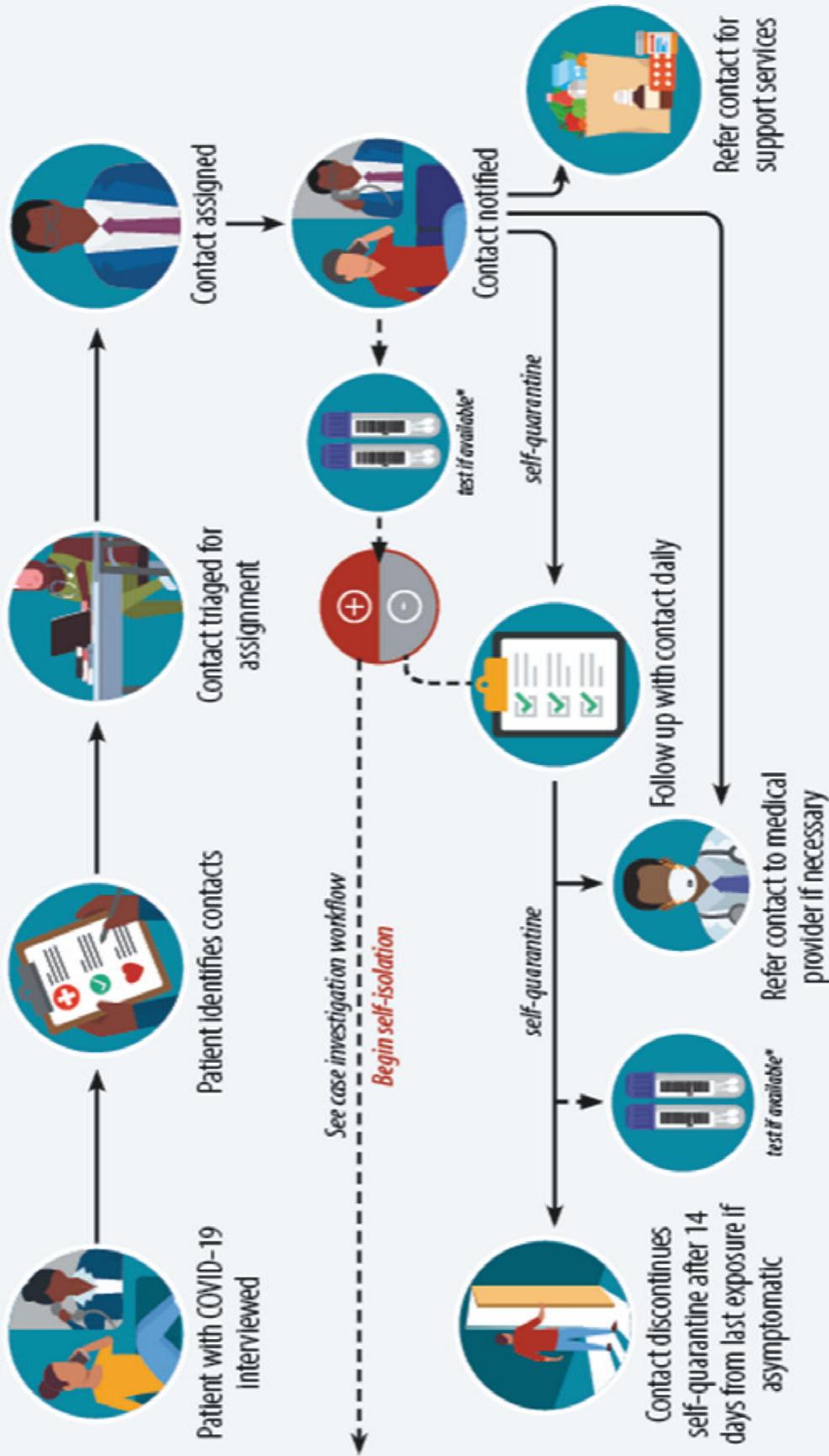
**CALL 740-289-4525
COMMUNITY ACTION-SOCIAL SERVICES TO
SCHEDULE YOUR APPOINTMENT!**



Winter Crisis Program is for households that include anyone 60 years of age or older will follow a more strategic course in order to ensure continued safeguarding for our older population due to the COVID-19 Pandemic. No face to face interviews will be offered, therefore, no walk-in appointment option will be provided. In order to continue to serve our customers who has an emergency situation, daily Emergency Appointments will be offered. Emergency Appointment slots are for households who has a shut off notice within 48 hours, has a two day or less supply of heating fuel or households without a heating device or in need of furnace repair for households that own their homes. PLEASE CALL 740-289-4524 to schedule your appointment and/or screening for an Emergency Appointment slot.

CONTACT TRACING WORKFLOW (COVID-19)

Attribution: MPR/USPHS.gov/comm/ncdr/2019-accrual/contact-tracing/contacts-tracing-pub/contact-tracing.html



*if contact tests positive or develops COVID-19 symptoms, case investigation is necessary.



[cdc.gov/COVID19](https://www.cdc.gov/COVID19)

CS17004-A 06/15/2020

COVID-19

Coronavirus Disease 2019

10 WAYS YOU CAN HELP THE ELDERLY AND PEOPLE WITH UNDERLYING CONDITIONS LIVING WITH YOU



Monitor their health for symptoms of COVID-19, like fever, cough, and difficulty breathing.



If anyone in the household has symptoms, avoid physical contact and take heightened prevention measures.



If they have COVID-19 symptoms, contact a healthcare provider immediately.



Encourage them to maintain a healthy lifestyle: eat nutritious foods, get enough sleep, don't smoke, stay active and limit alcohol use.



Regularly clean and disinfect surfaces and keep the house well ventilated.



Avoid sharing objects like glasses, cutlery and towels.



Make sure they have at least a month's stock of all their regular medicines in case it's necessary to stay home. Encourage them to follow medical advice about medication.



Follow social distancing measures in your area **and avoid shared spaces and large gatherings.**



If going to the doctor, wear a mask, if available, and **avoid public transport if possible.**



Be kind and show empathy. Talk and listen to them. Help them cope with stress.





National Wear Red Day takes place on February 05, 2021. National Wear Red Day is a day in February when many people wear red to show their support for the awareness of heart disease. It occurs in America on the first Friday in February each year, where people wear red. Designed to warn women of their number one health threat, "The Heart Truth" campaign created and introduced the Red Dress as the national symbol for women and heart disease awareness in 2002 to deliver an urgent wakeup call to American women.

Heart disease is a class of diseases that involve the heart, the blood vessels or both. The causes of heart disease are diverse but atherosclerosis or hypertension are the most common. Additionally, with aging come a number of physiological and morphological changes that alter cardiovascular function and lead to subsequently increased risk of cardiovascular disease, even in healthy asymptomatic individuals.



60 and older?

Medically fragile?

Let us offer our **FREE prepaid** grocery delivery!
ODOT has approved **Community Action Transit System (CATS)** to temporarily pick up and deliver groceries to Pike County Residents who are 60 and older and medically fragile.

If you don't have the ability to prepay for your groceries, call **CATS** to arrange special accommodations for essential trips.

Call 740-835-8474 to schedule today!
No Sunday deliveries!

Why am I receiving a call from the health department?

Because COVID-19 is so contagious, health departments are calling all close contacts of people diagnosed with the disease. In these calls, you may be asked ...



“WHERE did you have contact with the sick person?”

“WHEN did you have contact with the sick person?”

“HOW LONG were you in close contact with the sick person?”



They also could ask ...

**For your contact information.
For demographic details.
If you have any COVID-19 symptoms.
About others who may have been exposed.**

It is extremely important to answer calls from the health department. All the information given is kept CONFIDENTIAL. The only goal is to keep you, your family, and your community safe and healthy.

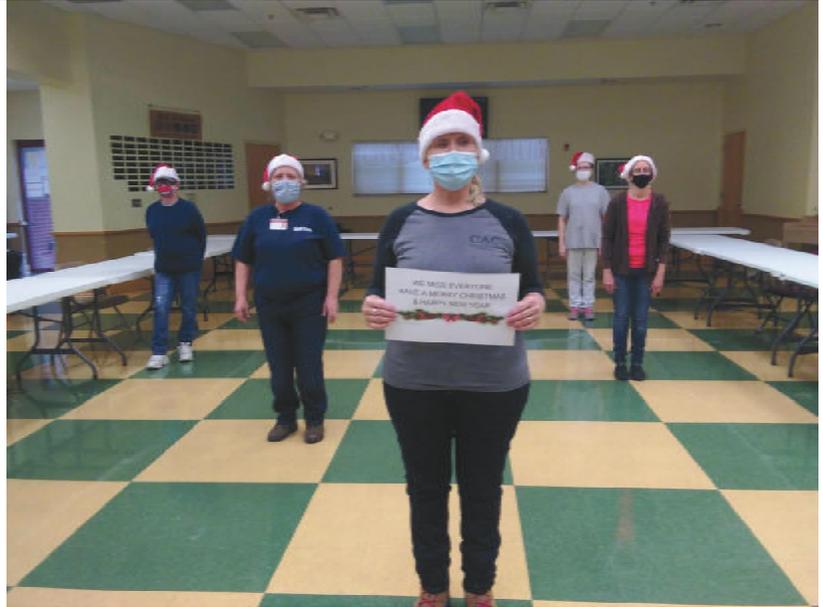
We miss you!



We want you to know we miss you and hope you all are staying safe.



Pictured: CATS Staff—Driver, Ocie and Scheduler/Dispatcher, Morgan



Pictured: Senior Center Staff wishing everyone a Merry Christmas and a Happy New Year!

Sending our socially distanced love and well wishes to you!



Pictured: CATS Staff—Driver, Willie; Mobility Management Specialist, Marlana.



Pictured: CATS Staff—Driver, Terri; Transit Operations Manager, Amanda; and Transit Operations Specialist, Gail.



I want to thank the staff at the Senior Center for all the hard work and following CDC safety guidelines during the COVID-19 pandemic. We have added 65 new clients during the pandemic so far. We are still passing out congregate meals for anyone who needs them.

I want to thank the meal drivers for ensuring home delivered meal clients receive their meals even when they are in quarantine, using CDC safety guidelines.

I appreciate each staff member. I am thankful to have staff that works as team for the better of the Senior Program.

Much Appreciation,
Melody Lucas, Senior Programs Manager

I would like to give a big thanks to the transit staff, working tirelessly during this pandemic to care for people in need.

As the pandemic developed, CATS quickly pivoted to provide links to community services for our vulnerable populations. In addition to ongoing transportation, our transit agency has been delivering food boxes and groceries around the county to those unable to get out.

Ultimately, year to date, our rides for the year are down 22% from this time last year. Though it may not seem so, this is still impressive during the national pandemic because we are limiting our buses to three riders at a time in order to maintain social distancing. We have conducted 19,646 rides this year compared to 25,063 this time last year.

I am truly inspired by your personal commitment to making a difference in these unprecedented and challenging times.

Public transit has been and will continue to be an essential service.

Thank you to the dispatchers, drivers and mechanic for all you have done in the face of the COVID-19 pandemic.

Amanda Elliott
Transit Operations Manager





Blow out the Candles!

January

1 Wanda Lawson	15 Gary Crabtree
1 Jean Horn	15 William Shipe
2 Jeanne Neader	16 Roy Hannah
3 Sandra Cooper	17 Diana Teeters
4 Ron Chandler	17 Jim Tackett
5 Phyllis Bowers	20 Cheryl Waddell
5 Martha Whitehouse	22 Judy Dixon
5 Janet Bentley	22 Sondra (Soni) Crabtree
6 Mary Keller	22 Sandy Zimmerman
6 Philip Williams	23 David Dennewitz
7 Janie Osborn	24 Barry Arledge
8 James Greenhill	24 Anthony Panzarella
8 Jackie Tackett	25 Wanda Conkel
11 Terry Wheeler	25 Franklin Cox
13 Frank Hornback	28 Judy Yeater
13 Linda Milam	30 Fred Oyer
13 Helen Wooldridge	

Febraury

1 Linda Brewster	19 Sandra Helton
1 Allie Taylor	20 Julie Jessee
2 Sandra Crace	21 Brenda Schultz
2 Linda Myers	22 Pauline Lemaster
3 Roger Massie	22 Barbara Williams
3 Doris May	23 Mary Whitt
4 Martha Bennett	25 Janie Conklin
4 Laurel Jenkins	25 Sandra Emmert
4 David Smith	25 Roscoe Mickey
5 Mia Bernhardt	25 Lottie Short
10 Sharyn Dixon	25 Regina Cox
10 Charles Leeth	25 Mark Lewis
10 Sue Mitchell	25 Chet Osborn
10 Betty Stroud	27 Mary Colegrove
12 Fannie Kreis	27 Orval Gatten
14 Violet Hurles	28 Paul Brownfield
16 Wilda Causey	28 William (Jeff) Chattin
18 Joyce Borders	28 Judy Newman
	28 Bonnie Large

HAPPY BIRTHDAY

