

Heritage Times

Vol. 33 No. 4

Heritage Hall Senior Center | Licking County Aging Program

July - August 2021

We Missed You!

Heritage Hall Senior Center Reopens to the Public



Although the Licking County Aging Program (LCAP) has continued offering its in-home services through the past year, Heritage Hall Senior Center has been closed since March 2020. Following updated orders from Governor Mike DeWine, the doors to Heritage Hall will re-open to the public on Monday, July 12, 2021. During the COVID-19 pandemic, LCAP continued to offer Meals-on-Wheels, chore services, homemaking, personal care, social services, as well as transportation. The Senior Center and Adult Day Center were not in operation but will re-open with some restrictions. See page 3 for more details.

WELCOME



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Our funding partners:



Contact Us

Telephone:

(740) 345-0821
(800) 452-0097

Email Address:

lcap@lcap.org

Street Address:

1058 E. Main St.
Newark, OH 43055

Our Hours:

Office and Business hours:

Monday thru Friday
8:00 AM to 5:00 PM

Our Mission Statement:

To improve the quality of life for Licking County senior citizens by contributing to their independence and healthy lifestyles.

LCAP Staff Directory:

Administration:

Acting Executive Director	Melissa Owens
Client Services Director	April Sharp
Human Resources Director	Shari O'Neill
Operations Director	Mark Dinsdale
Community Engagement Director	Jessie Jordan

Board of Directors:

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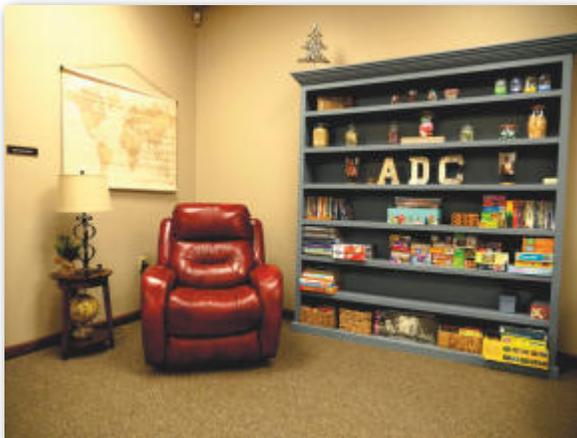
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Board meets at NOON on the THIRD MONDAY of each month.

LCAP UPDATE

We Missed You *(continued from front page)*

After being closed to the public for so long, our leadership staff and entire team are excited to welcome everyone back to Heritage Hall!



Back-row left to right: Melissa Owens, Shari O'Neill, Jessie Jordan
Front-row left to right: Mark Dinsdale, April Sharp

Adult Day Center

The Adult Day Center (ADC) will open on July 12. Clients are invited to make arrangements to utilize our ADC by calling (740) 345-4771. Careful sanitation will take place to ensure we keep our clients as safe as possible. Andrea and Trina look forward to seeing you.

Heritage Hall Senior Center

The Senior Center will open on July 12 with limited activities. It has been 16 months since our community center has been open for lively events. So we ask you to please be patient as we practice safe distancing, sanitation, and slowly start hosting the activities and clubs you look forward to. We are excited to host you, but ask for grace as we build up to the bustling activity hub we once were!

In order to keep everyone safe, we will have the following guidelines in place:

- All visitors and clients will enter and exit through the main entrance only. There will be no entry through the west entrance – this will be for staff only.
- Our building hours will reflect our office hours and we will be open 8:00 AM – 5:00 PM.
- Staff and clients who are not vaccinated are encouraged to wear masks in the building. We will not verify your vaccination, but ask for your help respecting this guideline.



If you would like to learn how you can get your COVID vaccine, please visit the Licking County Health Department's website at www.lickingcohealth.org.

LCAP UPDATE

Reopening and Refreshed

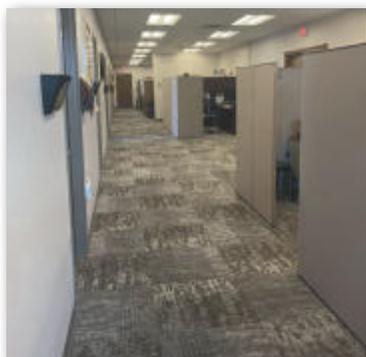
We took advantage of the building being closed for the last 16 months to make some changes. Here are some things you can expect when you come back into Heritage Hall:

The Arts and Crafts Room is now the Center for Visual Improvement (CVI). We merged with another organization and brought on CVI as a department of LCAP at the beginning of 2021. Their department needed an official space so activities that previously took place in the Arts and Crafts Room will move to other locations. Be sure to stop in and say hello to the CVI employees, Fred and Cheryl!



The lobby, halls and Legends Room got a fresh coat of paint. We tried out a new color and hope you appreciate the update.

Much of our furniture was recycled so that we could bring in newer pieces that are easier to keep clean and safe for all of you.



The offices got new carpet. Our employees are appreciating an updated look with carpet squares that will be easier to maintain and give the office a more modern look.

New fire doors were installed to ensure our fire safety is the best it can be and the kitchen floor was cleaned and re-grouted.



LCAP UPDATE

Congregate Dining Site Information

As we reopen Heritage Hall, we will also start a few of our congregate sites. Congregate sites are for older adults who would like to fellowship with others and share a meal. We are going to start with 4 locations and then reopen our other locations as our staff is ready. The main congregate site at Heritage Hall will be open so make plans to join us in the Dining Room! In addition, the following sites will reopen July 12:

- **Heritage Hall Dining Room**, 1058 East Main Street in Newark
- **West Licking County Family**, 355 West Broad Street in Pataskala.
- **Sharyn Glyn**, 914 Sharon Valley Road in Newark.
- **The Harbor Community Center**, 5312 Walnut Rd in Buckeye Lake.

For more information regarding our congregate sites, please contact Jess Mitchell at (740) 345-0821 ext. 229.

West Licking County Family YMCA Partnership

As we continue our new partnership with the West Licking Family YMCA (we initiated the partnership in January 2020, but COVID-19 delayed things a bit), more opportunities are going to be available for our clients. LCAP is happy to make connections on your behalf.

Join the YMCA

Interested in joining the Y? Take a tour and learn more about what the Y has to offer for all fitness levels. Group fitness classes, wellness orientations, and Y staff support are all included in membership. At the Y, we will assist you in getting a membership whether through insurance such as SilverSneakers, Silver & Fit and Renew Fit, Senior discounts or financial assistance. Stop by or give us a call for more information (740) 964-6522.



Delay the Disease

Delay the Disease is a fitness and mobility program expressly designed for people with Parkinson's disease offered by the Pataskala Oaks Care Center. Led by a certified OhioHealth Delay the Disease instructor, the program improves the physical, mental, and emotional realities of PD patients. Participants experience improvement in mobility, posture, balance, handwriting, speech volume, and a reduction in daily functional challenges. The classes are a source of fun, social camaraderie, and hope. For more information or to register please call Pataskala Oaks at (740) 927-9888. This program is free to Participants and Caregivers every Thursday, 12:00-12:45 at the West Licking County Family YMCA, 355 West Broad Street in Pataskala.

EVENT REGISTRATION



To register for any of our events please call (740) 345-0821.

Reopening Heritage Hall: Get Your Entry Card Registered!

It has been so long since we have had you in our building that we need to update our key card registry as you begin to attend events and clubs again. The purpose of the key cards is to make tracking attendance to our events swift and easy. Just like a membership card to swipe when you go to the gym, it reduces paperwork and makes it easy to do a head count in case of an emergency in the building. We want to make sure everything goes smoothly upon your return, so we have set a few dates aside in our first week to make sure your key card is working correctly and you are registered! We ask that you take advantage of these walk-in hours so that you aren't dealing with an old card malfunctioning or a lack of a card preventing you from getting to your club or activity in a timely manner! Together we can solve a problem before we even have one.

Activity & Club Entry Card Registration Walk-In Hours: Front Lobby

Monday, July 12th, 1-3 PM

Wednesday, July 14th, 9-11 AM

Friday, July 16th, 9-11 AM

HERITAGE HALL EVENTS

A few of our events require a head count so that we have enough supplies and seats for you! If an event category has a  next to it, please call Cheryl to register at: (740) 345-0821.

BINGO

Join us for Bingo in the Dining Room on Mondays

Mondays, July 12th - September 27th, 10-11 AM



CRAFTS

Hanging Wall Decoration

Tuesday, July 13th, 1:30-3:30 PM, 10 person limit

Fabric Painting & Stamping: Tea Towels

Thursday, July 29th, 1:00-3:00 PM

Marbleized Paper: Card Making

Tuesday, August 26th, 1:00-3:00 PM



BREAKFAST CLUB: Let's Grab a Local Bite!

Big Apple Café in Newark

Tuesday, July 20th, 9-11:30 AM

Alladin's in Granville

Tuesday, August 3rd, 9-11:30 AM

Daisy's Diner in Downtown Newark

Tuesday, September 7th, 9-11:30 AM

HERITAGE HALL EVENTS

GAMES

Family Feud

Wednesday, July 21st, 1-3 PM

Wii Bowling

Wednesday, August 18th, 1-3 PM

Who Wants to be a Millionaire?

Wednesday, September 15th, 1-3 PM



ENTERTAINMENT

Join us for these live performances!

Greg Dickerson

Tuesday, July 20th, 3-4 PM

Barefoot McCoy

Tuesday, Aug 24th, 3-4 PM



TALKS

Food & Fitness Fridays at Heritage Hall

Friday, July 16th, August 13th, September 10th, 11:30-12:30 PM

Michelle Duffy, SNAP-Ed Program Assistant with OSU Extension, Licking County, will offer nutrition education classes. Learn how to eat healthy on a limited budget and learn about the importance of physical activity.



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Mental Health America - Penny Sitler: Stress & Depression

Tuesday, July 27th, 10-11 AM

Mental Health America - Penny Sitler: How to Support your Loved One's Mental Health

Thursday, August 19th, 10-11 AM

MOVIE MATINEE

War with Grandpa

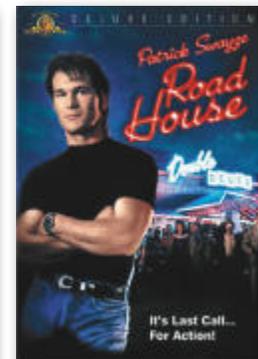
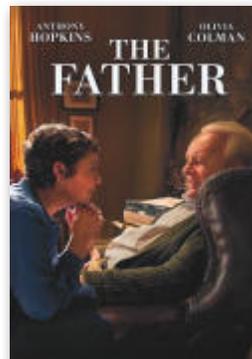
Thursday, July 22nd, 1:30-3:30 PM

The Father

Thursday, August 26th, 1:30-3:30 PM

Road House

Thursday, Sept 23rd, 1:30-3:30 PM



VIRTUAL EVENTS

A New Age of Virtual Events

Through our new membership with We Thrive Together and our continued partnership with The Licking County Library, you can register for interactive and lively virtual activities. Connect with people all over Ohio to play games, explore new places, join discussions on a variety of topics, and tone up with some exercise!

To register for access to ALL of the We Thrive Together free programs visit <https://wethrivetogether.org/register/>

To register for the Empowered Minds Events with the Licking County Library, please call (740) 349-5520.

Check out the virtual events we recommend.

COOKING & BAKING

Let's Get Cooking: Hosted by We Thrive Together
Mondays, beginning July 5th, 4 PM



HEALTH & WELLNESS

Chair Exercises with Mona: Hosted by We Thrive Together
Wednesday Mornings, 10-11 AM



GAMES

Games: Hosted by We Thrive Together
Friday, July 2nd – September 24th, 11-12 PM, Name that Tune
Friday, August 6th, 1 PM, The Price is Right
Friday, August 13th, 1 PM, Who Wants to be a Millionaire?
Friday, August 27th, 1 PM, Deal or No Deal
Tuesday, September 7th, 1 PM, Let's Make a Deal
Tuesday, September 14th, Deal or No Deal



VIRTUAL EVENTS

Travel

Virtual Travel Tours: Hosted by We Thrive Together
Wednesdays, 1 PM

July 7th, Youngstown Steel Heritage

July 14th, Thurber House

July 21st, St. George Dinosaur Museum

July 28th, Texas Ranger Museum

August 11th, Chazen Museum of Art

August 18th, Hearthstone Historic House Museum Tour

September 1st, Kanab Heritage Museum

September 15th, Chesapeake Bay Maritime Museum



TALKS

We Thrive Together

Thursdays, 2:00 PM Sex, Drugs, and Rock & Roll Current Events Debate

Empowered Minds: Hosted by the Licking County Library

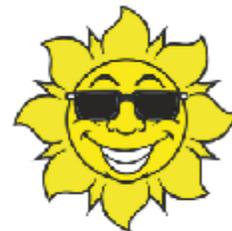
Thursday, July 8th, 7-8 PM, Buckeye Book Club

Saturday, July 10th, 10-2 PM, BookTalk with Andrew Welsh-Huggins

Tuesday, July 13th, 1-2:30 PM, Minds "Hi-Tech Icons"



LICKING
COUNTY
LIBRARY



We Thrive Together

Commodity Food Boxes

JULY distribution will be on **Wednesday, July 28th**

AUGUST distribution will be on **Wednesday, August 25th**

For more information on receiving a box, please call (740) 345-0821.



Next Holiday Closings:

Independance Day Monday, July 5th

Labor Day Monday, Sept. 6th

Next Newsletter Day:

Wednesday, August 18th

WELCOME BACK

We Welcome You Back to Heritage Hall

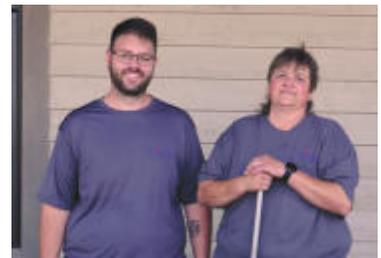
A lot has changed in the past year and although we mourn the time we spent apart, our staff is excited to welcome everyone back to Heritage Hall. Some faces have changed, but our mission has stayed the same. When you receive an LCAP service or come to the building for an activity or event, please know how much each and every staff member cares and seeks to serve you. If you have a question, concern, or compliment, do not hesitate to take it to any LCAP employee. If they do not know the answer, they will direct you to someone that does. Pictured below are some of the smiling faces that are eager to see you coming through the doors!



*Social Services staff -
Bethany, Linda, and Sam*



*Case Managers - Angie, Irene and
Andrea*



*Chore workers - Brandon and
Dawn*



*Cheryl and Fred Lentz,
CVI Coordinators*



*Kitchen staff - Mike, Tollie,
Norma, Shawn and Tara*



Nutrition staff - Jody and Jess



*Chores Scheduler - Norma
Transportation Coordinator - Shannon*



*Some of our dedicated meal delivery drivers
Jeff, Marisa, Craig, and Amy*

LCAP SERVICES

Home-Delivered Meals

Hot, nutritious meals are delivered Monday – Friday to qualifying seniors throughout Licking County. Each delivery is more than a meal – it is also a daily well-being check and a friendly smile.



Transportation

Professional and courteous drivers are available to transport you throughout Licking County and bordering counties. We can take you to non-emergency medical appointments, hospitals, doctors' offices, vision appointment and pharmacies.

Chores

Let our Chore staff assist you with tasks around your home! We would be happy to help rake and bag leaves, clean windows or gutters, clean your carpets, or help with some inside chores.

Home Services

We have personal care and homemaking services available to those who are in need and eligible. Our homemakers can assist with light housekeeping and meal preparation, while our personal care aides are able to provide showers and baths and respite service for caregivers.

Social Services

Our Social Workers have access to valuable resources to provide assistance. Topic areas include information and referral, assisted living facilities, nursing homes, Medicaid, Medicare, notary services, emergency funding programs and the completion of applications. They work directly with clients and their families to provide support, direction and guidance.

Smilemakers

Our staff makes friendly calls to seniors Monday – Friday. Each call serves as a well-being check, relieves the feeling of isolation, and provides information about valuable resources.

Center for Visual Improvement

No matter your age, our vision staff are here to help those who cannot afford basic eye care, visit an eye care provider in Licking County.

We also offer low vision aids for individuals who need help independently navigating their world beyond their prescribed glasses. Just give us a call at (740) 345-0821, ext. 244 and we'll get you scheduled.

SOCIAL SERVICES

Are You New to Medicare?

If you are new to Medicare, our social services staff can assist! You can find informative and helpful Medicare information by visiting our website at www.lcap.org. Once on the website, follow these steps:

- Go to the Home Services tab
- Click on Social Services from the drop down menu
- Watch the Medicare for Beginners video



If you would like us to mail you the corresponding documents to follow along with the video, please contact Bethany Swetnam at (740) 345-0821 ext. 260. If you still have questions and need assistance after you have watched the video, you can schedule an appointment with our Medicare specialist, Samantha Sayers by calling (740) 345-0821 ext. 243.

Emergency Funds Available

At times we are all faced with emergencies that we don't have financial resources available to cover the unexpected costs. The Licking County Aging Program has the following emergency funds available to assist qualifying seniors:

- **Emergency Utility Fund**
- **Emergency Auto Fund**
- **Hearing Aid Fund**
- **Emergency Appliance Fund**
- **Emergency Response Fund**

To see if you are eligible for our emergency funds, please contact Bethany Swetnam at (740) 345-0821, ext. 260. No walk-ins please.



DONATIONS AND MEMORIALS

Thank you!

We are extremely fortunate that we have a taxpayer-approved levy that provides support for most services available from the Licking County Aging Program. For our LCAP clients who cannot afford to make a donation towards the cost of the services they receive, we can use the levy funds to partially fill the gap between what it costs us to provide the services and what we are reimbursed. If it is possible for you to make a donation for any of the services you receive, it will enable us to serve more seniors. If you would like to mail a donation to LCAP, you can specify which service you would like it go to or make your gift a memorial/honorarium of an individual. Please make a note on your check so we may designate your gift accordingly. Your donation can be mailed to 1058 East Main Street, Newark, OH 43055.

Thank you for helping us continue our mission!

In Memory Of:

- Teresa Ebert by Roberta Penwell
- Jim Ronan by Patty Ronan
- Rosalie Humphrey by Sue McKaig
- Jack Londot by Charlotte Baker
- Olive Welch by Patrick Flanagan

thank you!

Essential Items Care Packages

During the COVID-19 pandemic, many of our rooms were empty, but the need in our community was great. After applying for funds through the CARES Act, our organization started fulfilling orders for essential items to our LCAP clients. We are grateful to the staff and volunteers who worked many hours fulfilling and delivering these orders. Thank you!



Contribute To Our Veteran's Wall of Honor

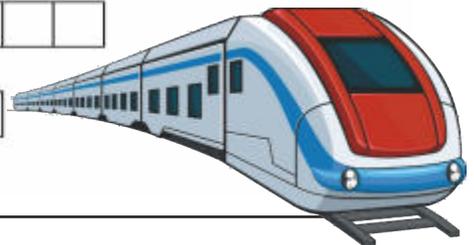
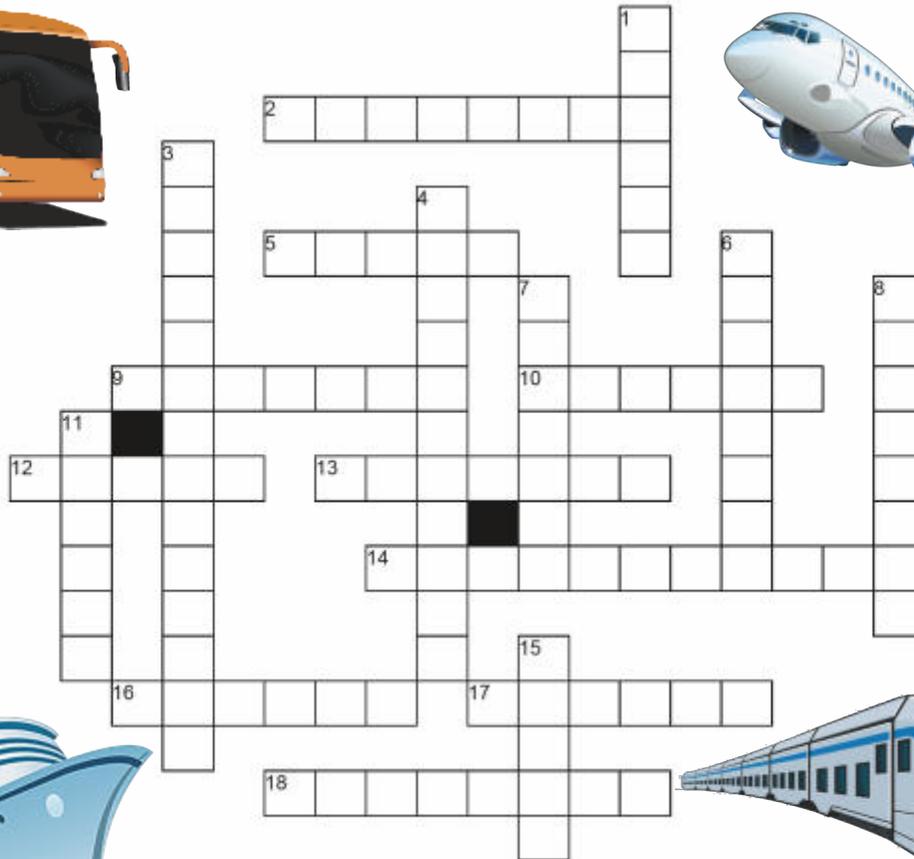
If you or a loved one is able to donate or loan artifacts, photos, or articles to Heritage Hall, please contact Dave Martin, Communications Specialist at (740) 345-0821 ext. 233. We would treasure anything you could share with us!



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Travel Onward



Across

2. When you are leaving your hotel
5. When there are no roads, you take this to get your car on an island
9. Bags designed for travel
10. An all inclusive trip on a ship
12. Person who leads a tour
13. Where the train stops
14. An arrangement to have something(a room, a seat, a table)
16. To back out of plans
17. Will need this before you board the plane
18. A boat that travels using the wind

Down

1. Extreme tiredness you get when you travel outside of your timezone
3. What your mother tells you to never leave home without(two words)
4. A person who makes travel arrangements
6. Identification for traveling abroad
7. A shot to protect from illness
8. Traveling through the sky via an
11. How to travel under, over, and through New York City
15. Expert flying you to paradise

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