



EVANS SENIOR CENTER

AT HOME EDITION

DECEMBER
2020/
JANUARY
2021

December & January Key Dates

DEC. 24 (Thursday)*
Christmas Eve

DEC. 25 (Friday)*
Christmas Day

JAN. 1 (Friday)*
New Year's Day

JAN. 18 (Monday)*
Martin Luther King,
Jr. Day

***City Offices Closed**

Evans Center

4330 Dudley Ave,
Grove City, OH 43123

Phone: 614-277-1060

Hours:

Monday-Friday
8 a.m.-5 p.m.



The Evans Center is currently closed to the public as it undergoes renovations to better serve the community members age 55 and older of all abilities. Staff are available to answer phone calls and emails.

COTA Plus Offers Convenient Transportation

The Evans Center Daily Transportation Services ended on Oct. 1, when COTA Plus expanded service in Grove City!



COTA//Plus, the on-demand transportation service implemented through a partnership between the City of Grove City and COTA, expanded its service area Oct. 1 to more than 22 square miles of Grove City and Jackson Township.

This microtransit solution, implemented on a limited basis in July 2019, uses technology to provide customers with on-demand rides allowing users access to parks, healthcare providers, retail outlets, jobs and more, by offering a fast, convenient and comfortable means of transportation similar to other rideshare services.

Users download a free app (search for “COTA Plus”) from the Google Play Store or the Apple App Store, and use it to schedule a pickup within Grove City and Urbancrest from 5:30 a.m. to 8 p.m. Riders may also call 614-308-4400 to set up transportation. Within 15 minutes of the request, a six-person, ADA-accessible vehicle operated by a COTA driver will arrive to take the rider to his/her destination. When the rider is done, he/she uses the app to schedule a ride home.

This community service eliminates the need to call days in advance, offering a better option than the Evans Center transportation program, which has been phased out.

COTA fares for this service as well as buses are currently suspended due to COVID-19. Once service returns to normal, COTA//Plus fees will be \$2 per trip for seniors, charged to the user’s COTA//Plus account via the app.



Community Paramedicine Offered in Jackson Township

Jackson Township Firefighter Greg Tussing is the township's first community paramedic working as part of CARES (Community, Assistance, Referrals and Education Services).

CARES is a community paramedicine program designed to build on the trust already established within the community by focusing on injury prevention, education and collaboration with local agencies to help improve the lives of residents.

CARES is modeled after other successful programs around the country. The concept is known as "Mobile Integrated Healthcare." Through this program, citizens are aided in finding services that provide assistance and potential solutions for ongoing medical, financial and social issues that tend to make it difficult to navigate normal day-to-day activities.

CARES can also help citizens communicate with their hospital, physician's office or specialist to help bridge any communication gaps. This program is largely about creative problem solving.

For details on the CARES program or if you are a resident or area organization interested in partnering with Jackson Township Fire Department to expand public health in our community, contact them at 614-875-2742.



Gifts for Falls Prevention

'Tis the season for gift giving. Consider giving a present to help prevent falls. It is always appropriate and has the added benefit of peace of mind for you and your loved one. Remember to include your loved one in any decision about changes to his/her home. Visit www.steadyu.gov to find more falls prevention tips and resources.

Fall-prevention gift ideas:

- Tiny flashlights to attach to keys, purses and coat buttons;
- Attractive night lights;
- Gripper sole covers for shoes for stability when walking on slippery surfaces;
- Fall alarm systems that are motion triggered without hitting a button;
- Higher toilets;
- Firm railings on both sides of stairways;
- Grab bars for bathrooms and inside or outside steps;
- Automatic lights over stairways and by entrances;
- A folding step-stool with a hand rail to access out-of-reach places; and
- A cordless phone or cell phone so that your loved one does not have to rush to answer.

Meet Grove City Police's Elder Services Coordinator

Please join us in welcoming Teri Ruslander as the police department's new elder services coordinator!

The Grove City Division of Police created this position to assist the elderly in our community who have been

a victim of crime or need assistance with resources for everyday living.

Teri Ruslander, who retired from the Grove City Police in September 2019 after 33 years, worked with elderly victims throughout her career as an officer and detective.

The Grove City Division of Police wants to be a resource and an advocate for the elderly in our community. The senior community is often the target of scams, identity theft and fraud. The new elder services coordinator has the resources and experience needed to provide one-on-one help to the people who need it most.



Winter Wonderland

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

Word List:

BELOWZERO
BOOTS
COCOA
FIREPLACE
FROZEN
HIBERNATE
JACKFROST
SHIVER
SLED
SNOWSTORM

BLANKET
CABINFEVER
COLD
FLURRIES
GLOVES
ICICLE
MITTENS
SHOVEL
SLIPPERY
SNOWSUIT

BLIZZARD
CHILLY
EARMUFFS
FROSTY
HAT
ICY
PLOW
SKATING
SNOW
WINDY

BLUSTERY
COATS
FEBRUARY
FROSTY
HEATER
JANUARY
SCARF
SKIING
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WINTER

HEALTH & WELLNESS

SELECTIVE LISTENING, OR HEARING LOSS?

Our senses are designed to clue us in when something isn't quite right. If you can't see the road signs, losing your balance, wearing blue socks or red socks, if you are eating sugar or salt or if you are drinking sparkling water or white soda, you know it. However, when it comes to age-related hearing loss, the process is so gradual it can continue for years before you or someone else notices it.



SIGNS OF HEARING LOSS

Misunderstanding what is being said such as mistaking “watering the plants” for “wetting your pants,” or accusing others of mumbling is often embarrassing, but can be how it begins. Men are often accused of tuning out their wives, but the high-pitched sounds of women and children can be difficult to hear in situations of ongoing hearing loss.

According to [healthyhearing.com](https://www.healthyhearing.com), one of the chief complaints health care professionals hear from patients complaining of hearing loss is that they can hear, but they can't understand.

Hearing loss not only involves the ear, but the brain as well, where the sound is transmitted into meaningful language. Symptoms of age-related hearing loss vary from mild to profound, but most seniors deal with mild to moderate hearing loss, the type that makes it challenging to hear higher pitched sounds. Other symptoms include:

- Difficulty hearing phone calls
- Trouble following conversations
- Asking others to repeat what they said
- Very loud TV volume
- Background noise clouding conversations
- Feeling exhausted from trying to hear

HEARING LOSS CAN AFFECT MENTAL HEALTH

Studies show that at least a third of those between 65 and 74 and half of those over 75 are dealing with hearing loss. Many of them are reluctant to admit they can't hear, but not dealing with it can lead to depression or isolation in an attempt to mitigate embarrassment or frustration at not understanding conversations.

Hearing loss can also lead to increased risk of dementia, falls, and depression. According to a 2014 National Institutes of Health study, researchers found that hearing loss nearly doubled the risk of depression in adults. Those wearing a hearing aid were happier and had a greater quality of life.

Schedule a visit with an audiologist to get your hearing checked. There may be an easy remedy to boost your ability to hear, such as a hearing aid. Others may benefit from devices such a cochlear implant.

HEARING AID BENEFITS

Prevent Falls — According to Johns Hopkins University School of Medicine, even mild hearing loss can triple the risk of falls as the individual is less aware of what is going on around them, making them more susceptible to colliding with another or tripping over a pet.

Mood Boosting — Those wearing hearing aids are more likely to participate in social activities as they no longer feel left out because they cannot hear conversations. A survey by the National Council on aging found that untreated hearing loss caused 30% of non-hearing-aid-users to battle depression.

Memory Improvement — Research at the University of Maryland found that wearing hearing aids improves memory because the brain isn't working so hard to decipher words. Being able to hear frees up resources in the brain that can be used for cognitive function.

Relationship Building — Individuals with hearing loss who wear hearing devices have better relationships with family members, friends, and colleagues than those without.

If you are struggling to understand your loved ones, it's alright to ask for help. The benefits of visiting an audiologist and admitting that you are having difficulty will far outweigh the discomfiting knowledge that hearing loss is part of your reality.

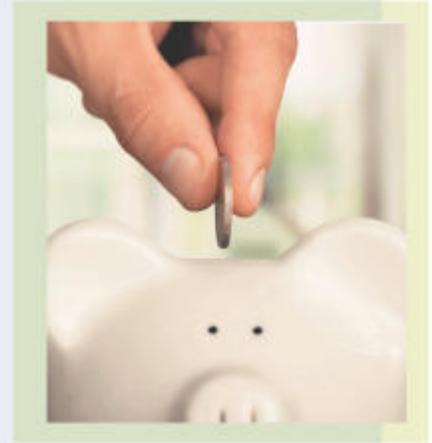
FINANCES

3 WAYS TO SAVE MONEY ON DIABETES MEDICATIONS

According to the American Diabetes Association, for the 30 million people living with diabetes in the U.S., health care costs are more than double (2.3 times) the costs of those without diabetes. This is due to the ever-increasing costs of medications to treat diabetes and the chronic conditions that often accompany the disease, namely high blood pressure and high cholesterol.

The good news is there are several ways to save money on diabetes care without compromising on quality.

1. Shop around. Medication prices can vary greatly by pharmacy.
2. If you are not using insurance to cover the cost of prescription drugs, start saving money with Inside Rx, available at <https://insiderx.com>. It's a free discount drug card program.
3. Explore pharmaceutical assistance programs. Most pharmaceutical companies also offer financial assistance programs to persons who have trouble affording their medications and supplies.



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Board of Commissioners
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Adult Protective Services 614-525-4348

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\$5 for residents

Please

**CENTER STILL
CLOSED
DUE TO COVID-19**

Center welcoming!

Center is open 8 a.m. - 5 p.m., Monday - Friday.
Senior Club meetings are at 1 p.m., first Wednesday of each month.

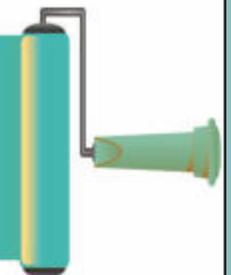
Evans Center • Grove City Parks & Recreation

4330 Dudley Ave., Grove City, OH 43123

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ARTICLE OF THE MONTH

TRANSPORTATION OPTIONS FOR SENIORS

Driving represents freedom and independence. From teenagers just getting your license to older adults with years of experience behind the wheel of a car, there are emotional issues tied to driving. When an older loved one is no longer a safe driver, having a list of transportation options available can make it easier to hang up the car keys for good.

Here are a few ideas that may help you create such a list for a senior in your family

Senior center outreach programs:

While most people think of activities and meals in conjunction with senior centers, many centers also offer transportation services. It may be a volunteer program, or a formal service offered in cooperation with a local agency on aging. If you need help locating an organization near your older loved one, use the online Senior Center Directory to search.

Volunteer transportation programs:

The National Center for Mobility Management maintains a database of volunteer transportation services for seniors. You can search their site to see if there is one available near your older family member.

Ride share companies: While many think these companies are for younger people, seniors are utilizing them too, even those who live in small towns and rural communities. Companies like Lyft have made a concentrated effort to attract older adults. If your senior loved one doesn't like the idea of booking transportation through a phone app, GoGoGrandparent can help. You can call them 24/7 for help with arranging a ride share.

Health care organizations: If a family elder needs transportation for a health care appointment, check with the provider about options. Some hospitals, rehab centers, and physician



offices that are part of a health care system have complimentary van services that pick up clients and take them to appointments. This same service will then return the client home.

Public transportation: Don't overlook local public transportation options. While public transportation sometimes has a negative stigma attached to it, cities and counties often have services especially for those with mobility challenges and disabilities. Call your local municipality's transportation office to inquire.

Senior living communities: When an older adult decides to give up driving, another option to

consider is moving to a senior living community. In addition to a diverse calendar of events and activities, most communities offer a variety of transportation services. Residents can join group outings to local restaurants, shopping malls, museums, and other popular destinations. Staff typically can arrange transportation to and from other essential appointments as well.

One final tip is to avoid assuming an older driver isn't safe just because of their age. It's better to use an objective driving assessment tool. Senior Driving from AAA has a wide range of resources you may find helpful.

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14-1713

A Classic, Slow-Cooked Meal

November is National Pork Month! Flavored using cranberries and oranges, this Cranberry-Orange Pork Loin is a classic dish that's perfect for entertaining any type of group. Whether you're looking for a family meal or a dish to feed a different type of crowd, taking advantage of kitchen tools like your slow cooker can help take the effort out of preparation.



Cranberry-Orange Pork Loin

Ingredients

- 1 tablespoon oil
- 1 pork loin (4 pounds), tied at 1-inch intervals
- 14 ounces cranberry sauce
- 1 cup dried cranberries
- $\frac{3}{4}$ cup orange juice
- $\frac{1}{8}$ teaspoon cinnamon
- 3 strips orange zest
- salt, to taste
- pepper, to taste

Directions

In skillet over medium heat, heat oil. Sear pork loin on all sides.

In slow cooker, stir cranberry sauce, dried cranberries, orange juice, cinnamon and orange zest until combined. Set pork loin in middle of sauce mixture and drizzle sauce over meat.

Cover and cook on low 4 hours, or until meat reaches 140-145 °F.

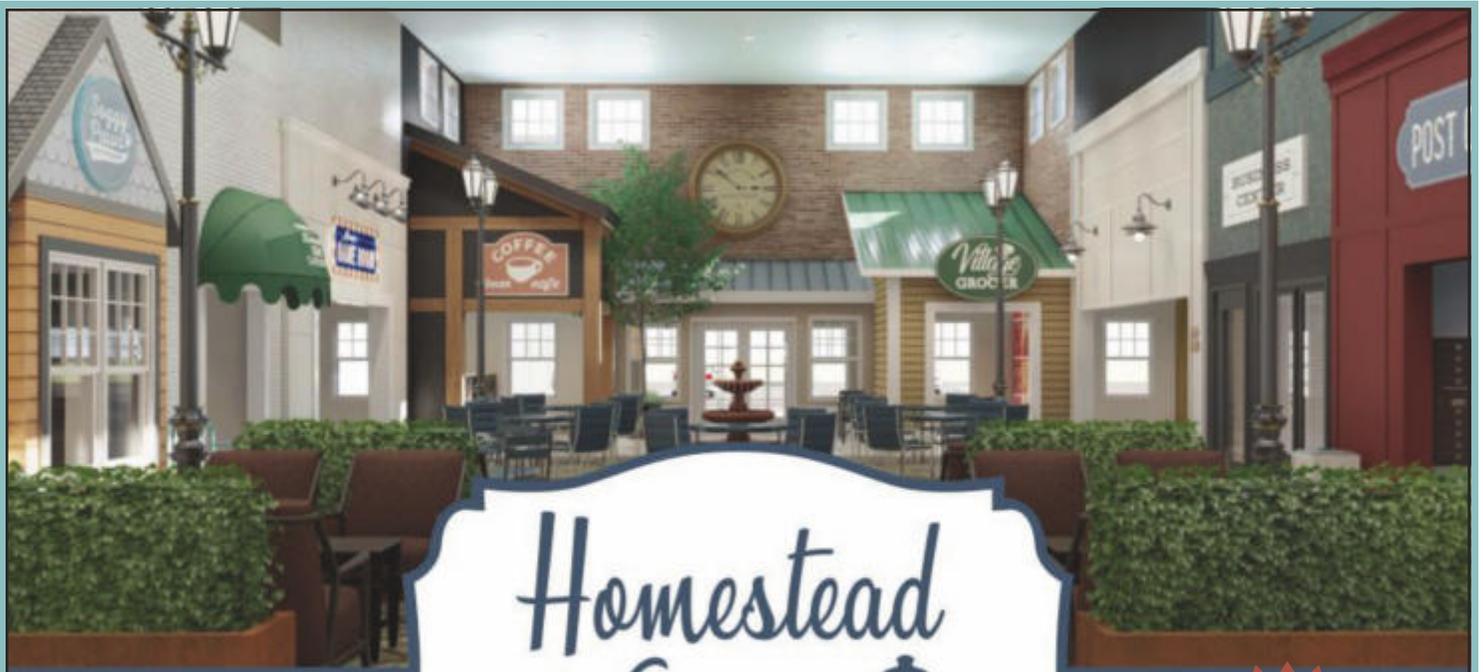
Transfer pork to cutting board. Remove twine.

Strain cranberries from slow cooker; set aside. Pour strained liquid into skillet. Add salt and pepper, to taste. Simmer 7-8 minutes.

Spoon cranberries and sauce over pork loin.

(Courtesy of Family Features and Culinary.net)

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