



EVANS SENIOR CENTER AT HOME EDITION

FEBRUARY/
MARCH 2021
NEWSLETTER

February & March Key Dates

FEB. 14 (Sunday)
Valentine's Day

FEB. 15 (Monday)*
Presidents' Day

MARCH 14 (Sunday)
Daylight Saving Time Be-
gins

MARCH 17 (Wednesday)
St. Patrick's Day

MARCH 20 (Saturday)
First Day of Spring

*City Offices Closed

Evans Center

4330 Dudley Ave,
Grove City, OH 43123
Phone: 614-277-1060
Monday-Friday
8 a.m.-5 p.m.



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

COTA//Plus Offers Convenient Transportation



COTA//Plus, the on-demand transportation service implemented through a partnership between the City of Grove City and COTA, services more than 22 square miles of Grove City and Jackson Township.

Users download a free app (search for “COTA Plus”) from the Google Play Store or the Apple App Store, or call 614-308-4400 to schedule a ride within Grove City and Urbancrest, Monday through Friday from 5:30 a.m. to 8 p.m. Within 15 minutes of the request, a six-person, ADA-accessible vehicle operated by a COTA driver will arrive to take the rider to the requested destination. Accessing the COTA app or placing a call makes the return trip equally convenient.

COTA//Plus fees are \$2 each way for seniors, charged to the user’s COTA//Plus account.



COTA//PLUS

- Senior: \$2 each way
- Call: 614-308-4400
- Promo Code: COTASEN

STAY SAFE ON SOCIAL MEDIA

Does it seem to you like the older adults in your life struggle to protect their Facebook and other social media accounts from being hacked? You would be correct. Seniors are often the victims of Facebook hacks, for reasons ranging from choosing weak passwords to accepting friend requests from scammers.

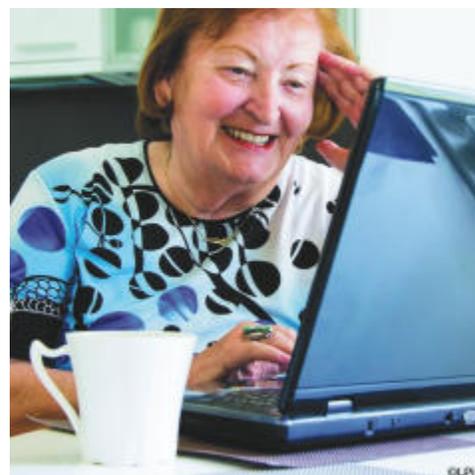
Older adults are frequent targets for hacking on online platforms other than Facebook, too. Some security experts say this is because seniors are perceived to have greater financial assets, while also lacking the technical skills necessary to protect themselves.

It's important to raise awareness of this issue, since the number of older adults utilizing social media platforms is climbing. This is especially true of Facebook.

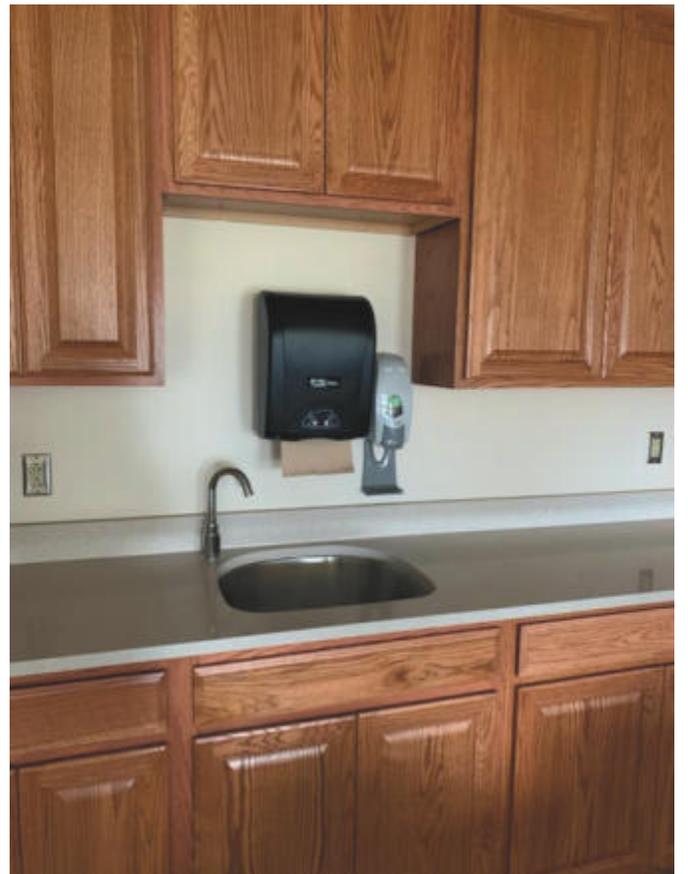
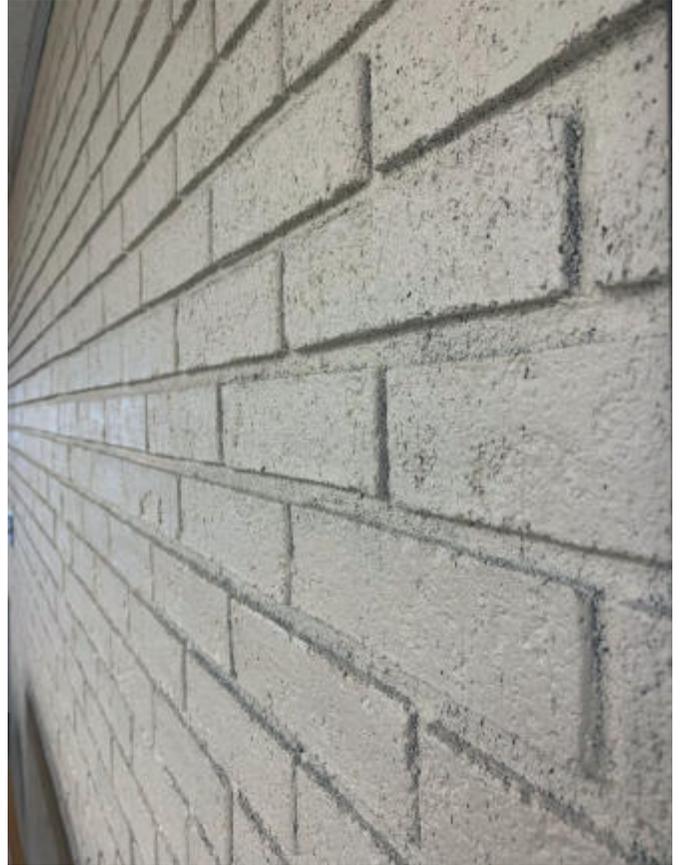
As younger adults turn away from Facebook, seniors continue to be one of the largest and fastest-growing demographics on the platform. Data from the Pew Research Center shows 37% of those born before 1945 were on Facebook in 2019, compared to just 21% in 2012. Baby Boomers' usage of Facebook climbed from 43% to 60% in the same time frame.

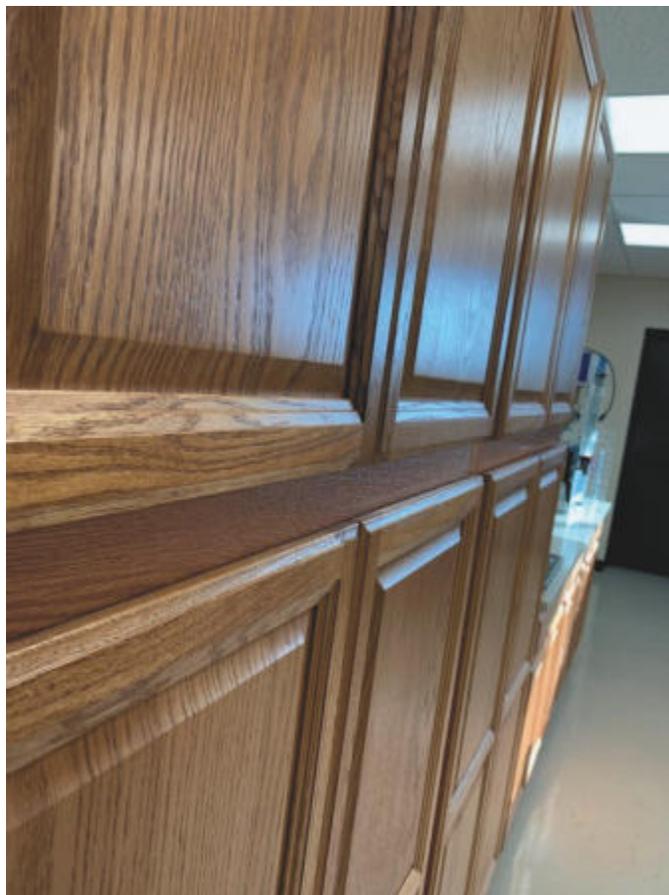
What are older adults doing that puts them at increased risk for an online data breach? Cyber experts cite common causes and offer advice on staying safe.

- 1. Follow best practices for Facebook security.** Along with sending and receiving emails and online shopping, visiting Facebook is one of the most popular cyber activities for seniors. Unfortunately, scammers recognize that. If you or a senior in your family is on Facebook, make sure to share "Senior Safety & Facebook: Staying Safe Online" with them. The article discusses the false sense of security older adults often feel on Facebook, and steps everyone can take to protect their privacy.
- 2. Use strong passwords on all internet devices.** Many tablets, phones, and laptops give users an option to disable password protection. While it might be more convenient not to have to enter a password each time you use the device, it also makes it easier for you to become the victim of a security breach. Remember, a strong password should include at least 12 characters and include a mix of letters, numbers, and symbols. Also refrain from using personal information, such as a child's birth date or pet's name, in the password.
- 3. Keep apps updated.** Facebook, Instagram and other social media platforms frequently notify users of available updates. Often these updates improve the appearance of the platform, but some fix a security bug or glitch. You can protect yourself by staying on top of each update.
- 4. Install security software.** Viruses and malware can sneak into your computer and other devices in a variety of ways. By installing reliable security software on your laptop, you can lower your risk. Also be sure to run the antivirus and antispymware software regularly. Finally, beware of security updates that appear in pop-up ads and emails you receive. Many are actually viruses.
- 5. Be cautious.** Our final suggestion is to be wary of emails from unknown sources or that encourage you to update financial information or records. They may be from a scammer hoping to steal your personal or financial information.



CENTER RENOVATION SNEAK PREVIEW PHOTOS





CROSSWORD PUZZLE

- ACROSS**
- 1 Woman's work basket
 - 5 Laughter sounds
 - 8 Polish border river
 - 12 Arrow poison
 - 13 Edible root
 - 14 Killer (suf.)
 - 15 Slushy ice
 - 16 School course (abbr.)
 - 17 Ancient Gr. city
 - 18 Hog's guts
 - 20 Mate of Adam
 - 22 Mulberry of India
 - 23 Carriage
 - 24 Franchise
 - 28 Book of maps
 - 32 Antiaircraft artillery (abbr.)
 - 33 Royal Air Force (abbr.)
 - 35 Altar constellation
 - 36 Avifaunae

- 39 Import
- 42 Right (Lat.)
- 44 Camel hair cloth
- 45 Fearful
- 48 Fitted garment
- 52 Applaud
- 53 Amer. Expeditionary Forces (abbr.)
- 55 Cranial nerves
- 56 Cloak
- 57 Hawaiian fish
- 58 Above (Ger.)
- 59 Ivory (Lat.)
- 60 To or from a distance (pref.)
- 61 Withered

- DOWN**
- 1 Son of Ham (abbr.)
 - 2 Samoan port
 - 3 Singing voice
 - 4 Square-cut stone
 - 5 Stableman
 - 6 Atl. Coast Conference

- 7 Canvas
- 8 Spotted cat
- 9 Port. Timor's capital
- 10 Blue-pencil
- 11 Hebrew letter
- 19 Sup
- 21 Mountain on

- Crete
- 24 Vehicle compartment
- 25 Yellow Sea arm
- 26 Rhine tributary
- 27 Pack down
- 29 Indo-Chin. language
- 30 Scot. alder tree
- 31 Wilt
- 34 Dire
- 37 Didy
- 38 Sub (pref.)
- 40 Presidential nickname
- 41 Mole
- 43 State (Ger.)
- 45 Land measure
- 46 Amorphous mass
- 47 Ryukyu islands
- viper
- 49 Gooseberry
- 50 Elbe tributary
- 51 Laugh (Fr.)
- 54 Barely get by

ENIGMATM CRYPTOGRAM

Enigma cryptograms are created from quotations and proverbs from around the world. Each letter stands for another letter. Hint: "J" = "P"

"GWANA LO KU JLMMUF OU OUQG TO T ZMATN ZUKOZLAKZA."

- QNAKZW JNUHANE

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GET ACTIVE FOR A HEALTHY HEART

One of the most important ways to lower your risk for heart disease is to be physically active.

National guidelines recommend at least two hours, 30 minutes of moderate-intensity physical activity per week, like brisk walking where your blood gets pumping and you are a little breathless. If you find yourself short of time, incorporate physical activity in small chunks, such as three 10-minute intervals per day, to still achieve some heart health benefits.

How Moving More Helps

- Strengthens heart muscles.
- Improves blood flow.
- Lowers blood pressure and cholesterol levels.
- Helps control weight.

Ways to Become More Active Every Day

- Take the stairs.
- Park in the farthest space from the door.
- Walk around while you are on the phone.
- Be active with the grandkids.
- Put on some music and dance.

Check with Your Doctor

Before beginning an exercise program, talk with your doctor about the type and amount of activity that is right for your health.

Visit nhlbi.nih.gov for more information.



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Franklin County
Board of Commissioners
OFFICE ON AGING
1803
www.officeonaging.org
Senior Options 614-525-6200
Adult Protective Services 614-525-4348

GROVE CITY AREA SENIOR CLUB
Supporting the Evans Center

NOW ACCEPTING ANNUAL DUES FOR 2021
\$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
614-277-1060 • GroveCityOhio.gov • [Facebook](https://www.facebook.com/GroveCityOhio) • [Instagram](https://www.instagram.com/GroveCityOhio) • [TikTok](https://www.tiktok.com/@GroveCityOhio) • [YouTube](https://www.youtube.com/GroveCityOhio)

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Valentine Words

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

Word List:

- | | | | |
|------------|-----------|------------|---------------|
| ADORE | AFFECTION | AMOROUS | ARROW |
| BELOVED | BEMINE | BOUQUET | CANDLELIGHT |
| CANDY | CARDS | CHERISH | CHERUB |
| CHOCOLATE | CUPID | DARLING | DEAR |
| DESIRE | DEVOTION | EMBRACE | ENDEARMENT |
| FEBRUARY | FLOWERS | FOURTEENTH | FRIENDS |
| HEART | HONEY | HUGS | KISSES |
| LOVE | LOVEBIRDS | PINK | POEM |
| RED | ROMANCE | ROSES | SECRETADMIRER |
| SWEETHEART | SWEETS | TEDDYBEAR | TENDERNESS |



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- ✓ 24/7 licensed nursing support
- ✓ Resident-focused care
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- ✓ Maintenance-free living
- ✓ Social activities
- ✓ Beauty salon

Put a virtual tour or COVID-19 safe visit on your check list.

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TheAshfordGroveCity.com

3197 Southwest Blvd, Grove City, OH 43123

Mention this ad by 1/31/21 and receive \$1,000 off your deposit



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Ashford
 of Grove City
 ——— Independent Living | Assisted Living
 Memory Care

Life is good at



Ohio Living

Westminster-Thurber

717 Neil Avenue | Columbus, OH | **614-228-8888** | ohioliving.org

Independent Living | Assisted Living | Memory Care | Long-Term Nursing | Rehabilitation



4-D-5-5

For ad info. call 1-800-477-4574 • www.lpiseniors.com

14-1713

SLOW COOKER CORNED BEEF AND CABBAGE

Prep time: 10 minutes

Cook time: 8 hours

Servings: 12

Ingredients:

- 8 small red potatoes
- 2 cups baby carrots
- 1 small onion, quartered
- 1 corned beef brisket (4 pounds), rinsed and trimmed
- 2 tablespoons McCormick Mixed Pickling Spice
- 1 teaspoon McCormick Minced Garlic
- 1/2 head cabbage, cored and cut into wedges

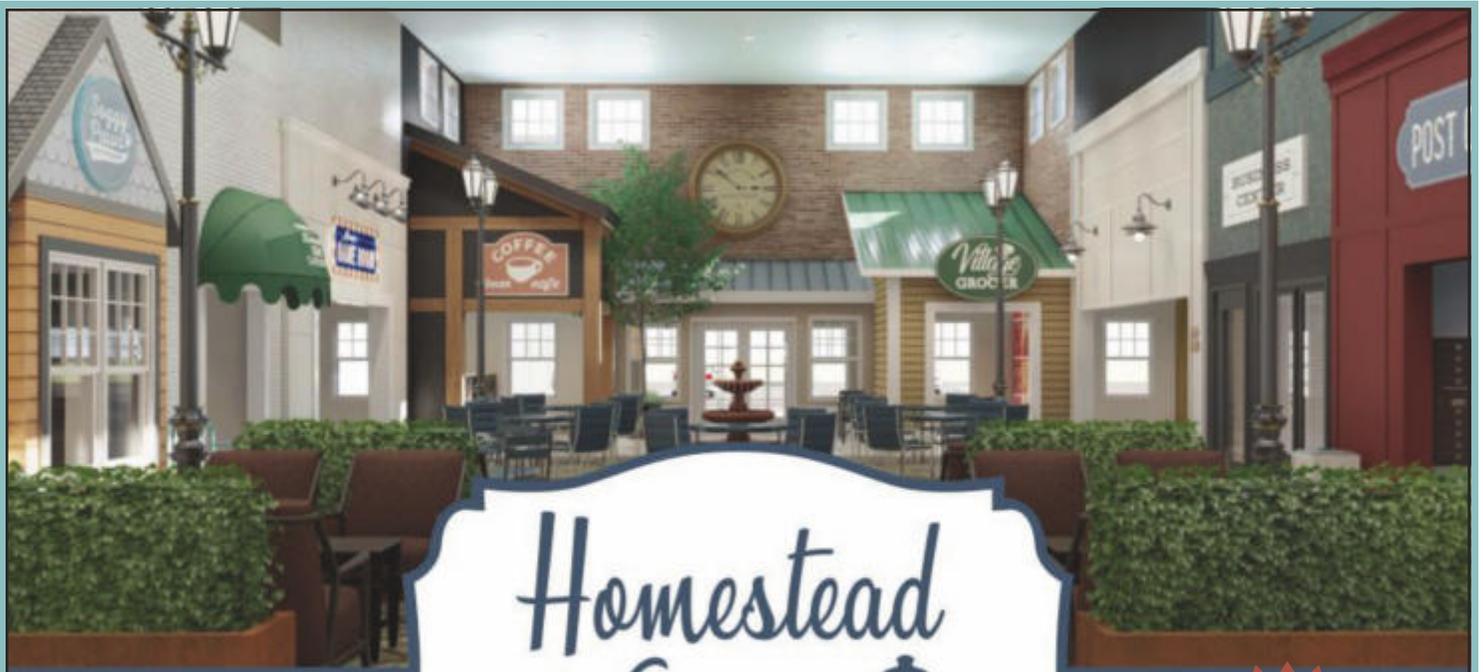


Directions:

- Place potatoes, carrots and onion in slow cooker. Place corned beef brisket over vegetables. Sprinkle with pickling spice and minced garlic. Add enough water (about 8 cups) to just cover meat. Cover.
- Cook 7 hours on high. Add cabbage. Cover.
- Cook 1–2 hours on high or until cabbage is tender-crisp.
- Remove corned beef brisket to serving platter. Slice thinly across grain. Serve with vegetables.

Tip: For best results, do not remove cover while cooking in slow cooker.

(Courtesy of Family Features)



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4-D-5-5

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14-1713

Evans Center Walking Paths

Senior Center

Starting/Ending Point



Trail 1
0.25 miles

Trail 3
0.60 miles

Trail 2
0.40 miles

