

2009

SEPTEMBER / OCTOBER



COMMUNITY ACTION COMMITTEE OF PIKE COUNTY

GOLDEN OLDIES NEWSLETTER

SPECIAL TRIP!

Friday, October 9, 2009
Bob Evans Farm Festival
Bus Fare \$5.00
Admission: \$5.00



***DOWN ON THE
FARM!!***

FLU SHOTS

Pike County Health Department staff will be at the Senior Center on Monday, September 28, 2009 at 10:00 a.m. to administer flu shots. The cost of the flu shot is \$25.00. The Health Department can bill Medicare or Medicaid for the charge so bring your Medicare or Medicaid ID card with you when you come to get your flu shot.

VOLUNTEERS NEEDED:

Volunteers are always needed at the Senior Center. Current Need:

Home Delivered Meal volunteers

Please see Shelley in the Senior Program Office if you are interested in volunteering for the Home Delivered Meal program or any other capacity.

Your efforts will be greatly appreciated!

EUCHRE

Would you like to play euchre? Or, would you like to teach a new card game? Come in on Tuesday's at 12:30 and join the fun!

KROGER COMMUNITY REWARDS

The Kroger fund raising program has changed from Kroger Cares to the Kroger Community Rewards Program. To participate, Kroger customers simply register their Kroger Plus cards with the Kroger Community Rewards Program and designate the Community Action Committee of Pike County/Pike County Senior Center as the charity of their choice. Kroger will then make donations to the Senior Center based on the amount of each Kroger shopping trip made using the registered Kroger Plus cards. Please stop by the Senior Program office for a registration sheet for your Kroger Plus card today!

BUREAU OF MOTOR VEHICLES NEXT OF KIN PROGRAM

The Bureau of Motor Vehicles has a new Next of Kin Program. Through this voluntary program, next of kin information can be included with drivers license information so that Law Enforcement Officers can notify next of kin during accident and home emergency situations. For more information on the Next of Kin Program, call the Senior Program Office or the local Bureau of Motor Vehicle office.

DENTAL CLINIC

The Area Agency on Aging, District 7 and the Community Acton Committee of Pike County are hosting a dental clinic. No dates have yet been set but a waiting list is being developed in the Senior Program office. Please see Shelley in the office or call her at (740) 947-5555 if you wish to be seen at the Ohio State University Geriatric Dental Clinic at the Pike County Senior Center. Dates will be announced as soon as possible.

SEPTEMBER BIRTHDAYS

1—Marlene Wilder	12—Howard Lemaster	26—Harold Bumgardner
3—Glenna Kight	12—Barb Osborn	26—Bethel Fox
3—Russell McFarland	13—Patty Todt	27—Lola Charles
4—Goldie Leffler	16—Barbara Weaver	27—Frankie Rinehart
5—Lou Bussard	18—Marvin Turner	28—Jack Heavenridge
7—Janet Bridwell	20—Norma Lemaster	28—Juanita Meddock
7—Betty Turner	22—Helen George	28—Ruth Moore
8—Howard Smith	22—Glenda Tackett	29—Wilma Holsinger
10—Bernice James	22—Anne Young	29—Frances Smith
10—Cleo Teeters	23—Fannie Sibole	29—Ernestine Shope
11—Charlotte Lindsay	24—Geneva Crace	
12—Lynn Goble	24—Richard Whitehouse	

OCTOBER BIRTHDAYS

1—Bea Teeters	11—Trudy Dobbins	22—Velma Mossbarger
2—Joanne Barlage	12—Bonnie Yates	23—Carolyn Dillon
4—Betty Smith	13—Betty Mulhair	23—Gordon Leffler
6—Amanda Skinner	13—Freda Sandoval	25—William Rothley
8—Clarence Haga	14—Juanita Bryant	27—Rosemary Borders
8—Elizabeth Wolfskill	15—Pearl McFarland	28—Carole Phares
9—Don Beavers	17—Leroy Seals	29—Larry Kempton
9—Robert Holsinger	18—Sharon Echard	29—Janice Tackett
9—Betty Richardson	19—Donald Cornwell	31—Betty Pressley
10—Cora Keechle	19—George Little	

IF YOU ARE ABLE, PLEASE REMEMBER TO PAY THE SUGGESTED
DONATION OF \$2.00 FOR THE NOON LUNCHEON. THIS HELPS
COVER THE COST OF THE MEAL. THANKS!

PIKE COUNTY SENIOR ADVISORY

Bob Downing	Larry Teeters	Juanita Bryant
Joan Cox	Ruby Dixon	Edna Lansing
Peggy Mickey	Walter Dawson	Jean Mangan
Wanda Lawson	Elinor Setty	Alma Connors
Hannah Williams	Frank Dam	Joyce Borders
Lillie Mae Murray (alternate)		Kathryn Pendleton (alternate)

NUTRITION COMMITTEE

Lynn Goble	Frank Dam
Bob Downing	Wanda Lawson
Marie Woods	Troy Smith

THE BETTER HEARING PLACE

Melody Wipert from the Better Hearing Place, will be at the Senior Center once a month.

If your hearing needs tested, hearing aid needs adjusted or repaired, or if you have

questions, please make an appointment with Shelley to see Melody.

OCTOBER -- 2009

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 2 oz.-3oz.				BAKED FISH BROCCOLI / COLE SLAW MACARONI & CHEESE BREAD & PINEAPPLE MILK 1	MEAT LOAF WHIPPED POTATOES GREEN BEANS PEARS BREAD & MILK 2
vegetable or fruit 1-1/2 cup Combination total of the two.	OPEN FACE HOT TURKEY SW WITH GRAVY & POTATOES BRUSSEL SPROUTS MANDARIN ORANGE SLICES MILK 5	CHILI CELERY STICKS FRUIT COCKTAIL PEANUT BUTTER SW. CRACKERS MILK 6	OVEN FRIED FISH AuGRATIN POTATOES GREEN BEANS CARROTS STARBURST CAKE MILK & BREAD 7	BAKED CHICKEN SPINACH SOUFFLE CAULIFLOWER MUFFIN PEACHES MILK 8	PULLED PORK ON BUN BAKED BEANS COLE SLAW HOT CINNAMON APPLESAUCE MILK 9
Bread/Grain 2 serving Butter 1 tsp.	BEEF POT ROAST with POTATOES ,CARROTS,ONIONS CELERY BUTTER BEANS BREAD MILK 12	OVEN FRIED CHICKEN SWEET POTATOES GREEN BEANS MIXED GREEN SALAD ROLL OATMEAL COOKIE & MILK 13	HAM & NAVY BEANS KALE CORNBREAD TROPICAL FRUIT MILK 14	SLOPPY JOE ON BUN HASH BROWN CASSEROLE BROCCOLI FRUIT MILK 15	PORK RIBLET CREAM OF POTATO SOUP COOKED CABBAGE BEETS CRACKERS MILK 16
Dessert 1/2 cp.	RAVIOLI ITALIAN MIXED VEGETABLES TOSSED SALAD GARLIC BREAD / APPLE MILK 19	TURKEY & DRESSING WHIPPED POTATOES & GRAVY CALIFORNIA BLEND VEGETABLES BREAD & CRANBERRY SALAD MILK 20	CHICKEN TENDERS & SAUCE OVEN BAKED FRIES VEGETABLE TIMBALE PEARS & BREAD MILK 21	SAUSAGE CASSEROLE TOMATO JUICE BANANA HOT APPLESAUCE & BISCUIT MILK 22	BEEF STEAK & GRAVY BUTTERED POTATOES BROCCOLI ORANGE & BREAD MILK 23
	BAKED COD SWEET POTATOES FRIES GREEN BEANS PEACHES & BREAD MILK 26	CHEESEBURGER ON BUN LETTUCE-TOMATO-ONION-PICKLE BAKED BEANS HOT POTATO SALAD MILK 27	SCALLOPED TURKEY CARROTS & PEAS FRUIT COCKTAIL BROWNIE & BREAD MILK 28	HAM BAKED POTATO SPINACH PINEAPPLE & CORNBREAD MILK 29	CHICKEN & NOODLES SQUASH BRUSEEL SPROUTS MANDARIN ORANGES IN JELL-O BISCUIT & MILK 30

Choice of Beverages Available

Condiments Available

Low Sugar Desserts Available

TO OBTAIN INGREDIENT INFORMATION, CONTACT THE MANAGER AT YOUR NUTRITION SITE

THANK YOU FOR YOUR DONATIONS !!

Walter Dawson

Violet Hurles—Tea Bags

Pat Lemaster—Coffee

Logan Pendleton—Cantaloupe

Ruth Dunham—Coffee, Tea, & Creamer

Betty Mulhair—Coffee & Creamer

Betty Smith—Bingo Prizes

Melody Lucas—Duster & Buckets

Betty Smith—Books

Juanita Bryant—Books

Catherine Butler—Craft Supplies

Jim Beekman—Vegetables

Kathryn Pendleton—Punch items

Bernice James—Craft Supplies

Clotine Cox—Coffee

Barb Benutto—Craft Supplies



***FALL IS ALMOST
HERE!!***

**COMMUNITY ACTION COMMITTEE
OF PIKE COUNTY**

Pike County Senior Center
408 Walnut St
Waverly, Ohio 45690

Phone: 740-947-5555
Fax: 740-947-7648
Email: shelleylyon@pikecac.org

WWW.PIKECAC.ORG

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408 Walnut Street
Waverly, Ohio 45690**
