

Golden Oldies Newsletter



Calendar of Events

AAA 7 events

Remember Senior Expo coming up in September.

Pike County Senior Center

Special luncheon

July 5—Independence Day luncheon

Closings

July 4—Independence Day

July 21—Closed for all day staff training.

Trip

August 3—Senior Day Pike County Fair—Transportation and Admission free

Senior Center

Activities

August 3—Fair Housing Seminar provided by the Pike County Community Development Program. They will be here from 11:30—12:30.

BE A VOLUNTEER !

WOULD YOU LIKE TO MAKE A DIFFERENCE IN SOMEONE'S LIFE—BECOME A MEALS ON WHEELS VOLUNTEER IN THE WAVERLY CITY AREA. JUST 2—2 1/2 HOURS OF YOUR TIME.

August 8—Senior Day Ohio State Fair—Transportation free—Admission is \$6.00



Thank you, Leading Respiratory Services for donating the wrist blood pressure monitor.

Weekly

Bingo—10:30 am on Tuesday, Thursday, & Friday's

Euchre—12:45 on Tuesday's

Music—11:00 am on Wednesday's

Dance—7:00 pm on Friday's

Special points of interest:

- *Thank yous*
- *Bingo*
- *Crafts*
- *Birthday's*

OHIO STATE FAIR TRIP—THE ADMISSIONS MONEY OF \$6.00 MUST BE PAID IN THE OFFICE BY JULY 19, WE WILL BE PURCHASING THE TICKETS IN ADVANCE.

JULY

- July
 6—Zelma Rowland
 7—Robert Kessler
 8—Darrell Devers
 8—Carol Hughes
 8—Joyce Scott
 10—Patricia Conkel
 10—Omer Jenkins
 16—Bessie Aliff
 16—Hazel Wilson
 17—Minnie Fremder



*CELEBRATE YOUR
 BIRTHDAY WITH US ON
 THE LAST WEDNESDAY
 OF EVERY MONTH*

BIRTHDAYS

- 17—Jesse Skinner
 22—Robert Childers
 22—Bo Sines
 23—Bob Downing
 23—Bill Hoover
 24—Pam Walls
 25—Les Parker
 26—Norma Shaw
 27—Virginia Gregory
 29—Avonelle Teeters
 30—John Crabtree
 31—Betty Beattie
 31—Margaret Blackburn
 31—John Rinehart
 31—Joanne Scott

AUGUST BIRTHDAYS

- August
 1—Virginia Heavenridge
 1—Frank Spencer
 2—Maxine Miles
 3—Dorothy Headley
 3—Alvia Weaver
 4—Frank Hoover
 4—Helen Conley
 5—Gene Detillion
 5—Guy Buchanan
 6—Ralph Schultz
 7—Jack Weeter

**A BIRTHDAY IS A
 CELEBRATION OF LIFE**

- 8—Joan Cox
 8—Dorothy Lewis
 8—Jenny Vulgamore
 9—Sam Simmons
 10—Harrison Kiser
 11—Nelvia Hunt
 15—Estabel Buchanan
 16—Myrth Zambone

- 17—Richard Wood
 18—Barbara Gilmore
 18—Norma Virgin
 19—Troy Smith
 19—Jack Strickland
 20—Dolly Crabtree
 20—Flo Childers
 20—Phyllis Royster
 22—Avonelle May
 24—Avonelle Allison
 25—Virginia Ferguson
 27—Darlene Davis
 27—June Pfeifer
 30—Helen Slaughter

Craft Dept.

The Craft Department is preparing for Senior Expo and the Fall Festival of Leaves. If you would like to volunteer your time or help making crafts for these events, please see Edna Lansing.

SENIOR ADVISORY COUNCIL

The Senior Advisory Council meets every other month at the Senior Center. If you would like anything brought before the Senior Advisory Council, please see a council member.

Joan Cox
 Ruby Dixon



Edna Lansing
 Gene Terry
 Walter Dawson
 Elinor Setty
 Betty Blanton
 Juanita Bryant
 Ed Smith
 Peggy Mickey
 John Harbert
 Wanda Lawson
 Evelyn Jenkins
 Don Beavers
 Wilma Mangan

JULY -- 2006

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz	CUBE STEAK & MUSH. GRAVY BAKED POTATO BEETS WHEAT BREAD JELL-O w./ FRUIT 7/3/2006	CLOSED FOR THE 4TH OF JULY INDEPENDENCE DAY 7/4/06	CHICKEN SALAD PLATE ON LETTUCE BED/ COTTAGE CH MELON FRUIT CUP CRACKERS COOKIES (2) 7/5/06	LASAGNA w/ TURKEY MEAT SAUCE TOSSED SALAD & DRESSING ITALIAN BREAD WATERMELON CUBES 7/6/06	OVEN BAKED CHCKEN LEG QTS. WHIPPED POTATOES GREEN BEANS ROLL APPLE COBBLER 7/7/06
vegetable or fruit 1-cup fruit	FISH ON BUN w./ CHEESE SL. TARTAR SAUCE BUTTERED PEAS & CARROTS COLE SLAW CHOCOLATE PUDDING 7/10/06	HAM & BEANS/onions 2*CHEESE CUBE MIXED GREENS/vinegar CORNBREAD MUFFIN BANANA 7/11/06	COUNTRY STEAK & GRAVY WHIPPED POTATOES MIXED VEGETABLE ROLL ORANGE 7/12/06	SLOPPY JOE / BUN / pickle slices OVEN B. POTATO WEDGES COOKED CABBAGE APPLESAUCE 7/13/06	CHICKEN PATTY GREEN LIMA BEANS CARROT PINEAPPLE SALAD WHEAT BREAD BROWNIE 7/14/06
Bread 1 serving Butter - 1 tsp.	MACARONI & CHEESE STEWED TOMATOES PEARS WHEAT BREAD OATMEAL COOKIES (2) 7/17/06	CHEESEBURGER ON BUN Lettuce Leaf/Tomato Slice TATOR TOTS BROCCOLI & CARROTS BUTTERSCOTCH PUDDING 7/18/06	CHICKEN & NOODLES GREEN BEANS JELL-O w./ FRUIT ROLL 7/19/06	BEEF STEW w./pots./celery/carrots/o. TOSSED SALAD & DRESSING BISCUIT PEARS 7/20/06	BEAVER & WAVERLY CONGREGATE SITES CLOSED ALSO HOMEDELIVERED MEALS DUE STAFF ALL DAY TRAINING HOMEBOUND WILL RECEIVE A FROZEN MEAL TO COVER 7/21/06
Dessert 1/2 cp.	SLICED HAM w./PINEAPPLE MASHED SWEET POTATOES PEAS WHEAT BREAD JELL-O CUBES 7/24/06	PEPPER STEAK SCALLOPED POTATOES CARROT RAISIN SALAD ROLL TAPIOCA PUDDING 7/25/06	OVEN BAKED CHICKEN WHIPPED POTATOES HARVARD BEETS BISCUIT ANGEL FOOD CAKE w./GLAZE 7/26/06	H.M. VEGETABGLE SOUP PIMENTO CHEESE SW. MELON FRUIT MIX CRACKERS PEANUT BUTTER COOKIES-(2) 7/27/06	TUNA SALAD PLATE/Lettuce Bed w./ Boiled Egg & Cheese Wedge FRUIT CUP CRACKERS SPICE CAKE w./ICING 7/28/06
	SAUSAGE POTATO CASSEROLE GREEN LIMAS BISCUIT PEACHES 7/31/06				

MENU SUBJECT TO CHANGE

Choice of Beverages Available / Milk: 2% / Skim / Buttermilk

Condiments Available

Diabetic Desserts Available

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

Donations

Thanks to everyone who has donated for May and June.

Ruth Dunham

Bonnie Yates

Juanita Bryant

Sarah Ballard

Goats n More 4-H group

Tim Green

Rosejane Bradshaw

Nelvia Hunt



Vivian Pelfrey

Doris Murray

Pat Lemaster

Juanita Bryant

Ruth McAllister

TREADMILL

In the lounge at the Senior Center we have a treadmill. If you would like to use it, please see the office or call the office for more details.

Book Sale

Books are for sale at the Pike County Senior Center. We have a wide variety of books. All proceeds benefits the Senior Center / Senior Programs.

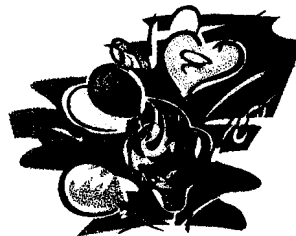
COOLING PROGRAM

*SUMMER COOLING HAS BEGUN....
If you need assistance with your electric bill, air conditioner, or a fan. Please call Community Action Committee of Pike County, Inc. for an appointment or for more information.*

LOOK....Our new sign has been put up on the front of the building. Purchased by the Bingo Committee

GOATS N MORE 4—H CLUB, THANK YOU

As you enter the vestibule doors or take a stroll in front of our building, please take notice the beautiful flowers which have been donated and planted by the 4—H group Goats n' More. They have also donated the smokers post out by the vestibule door.



**PUBLIC NOTICE
TO
SENIOR CITIZENS**

**PIKE COUNTY FAIR HOUSING PROGRAM
TRAINING**

SCHEDULED FOR:

**AUGUST 3, 2006
11:30 AM TO 12:30 PM**

AT:

**PIKE COUNTY SENIOR CITIZEN CENTER
WALNUT STREET, WAVERLY, OHIO**

FOR:

**LEARNING MORE ABOUT FAIR HOUSING RIGHTS
AND COMPLAINT PROCESS**

TRAINING WILL BE HELD BY:

**PATRICK HARRIS AND SCOT TAYLOR
PORTSMOUTH INNER CITY DEVELOPMENT CORPORATION**

**FOR FAIR HOUSING QUESTIONS OR COMPLAINTS PLEASE
CALL**

740-947-5808

TOLL FREE 866-901-7432

AGING ISSUES

A Monthly Column from Merle Grace Kearns, Director of the Ohio Department of Aging

Geriatric Medicine: Meeting the Need

Each year, fewer than 300 physicians enter geriatric training programs – a number that continues to decrease, according to the American Geriatrics Society. What isn't decreasing is the number of older Americans who could use their services.

Each month, 12,000 Ohioans turn 60. Nationally, 78 million Baby Boomers have begun turning 60. The number of Americans age 65 and older will double in the next two decades.

While they are typically healthier, more independent and more active than their parents, today's older adults make up a large percentage of the nation's hospital and out-patient populations. About 80 percent of adults age 65 or older have at least one chronic health condition and 50 percent have at least two. Yet, fewer than 10 percent of American medical schools have mandatory education in geriatric medicine.

Geriatrics focuses on health promotion and the prevention and treatment of disease and disability in later life. Geriatric medicine helps patients remain independent and active. Geriatricians manage multiple disease symptoms and develop care plans that address the special health care needs of older adults and coordinate care with other medical disciplines to treat the "whole" patient.

Geriatricians are initially trained in family practice or internal

medicine. They then complete at least one additional year of fellowship training in geriatrics.

The number of physicians certified as geriatricians has dropped 20 percent over the last eight years. Currently, we only

The number of certified geriatricians has dropped 20 percent over the last eight years. Currently, we only have about one geriatrician for every 5,000 older Americans and this could rise to just one doctor for 36,000 seniors by 2030!

have about one geriatrician for every 5,000 older Americans and this could rise to just one doctor for every 36,000 seniors by 2030!

The Ohio Department of Aging proudly recognizes students who have chosen a career in geriatric medicine. This year, seven outstanding graduates received the 2006 Geriatric Medicine Award in gratitude for their dedication and continued interest in geriatric medicine and research.

Sara Snyder is one of these honorees. A fourth year medical

student at Ohio University College of Osteopathic Medicine, Sara shifted her career path immediately following her geriatric rotation at Akron City Hospital. "I chose geriatrics because I believe that this is an underserved population. It seems like they are often passed over, even by doctors treating them," said Sara.

Sara also feels geriatrics is one of the most osteopathic-minded practices. "It is important to get their living status, their functional level, their religious affiliations and their beliefs and concerns," said Sara. "I feel like every time I am treating a patient, I get to treat the whole person, and I enjoy it immensely."

Sara is not alone in her love for geriatrics. A survey published in 2002 in the Archives of Internal Medicine found that "practicing geriatricians reported unusually high job satisfaction," even though they remain the lowest-paid of all specialists.

Now, more than ever, we need to recognize and encourage talented physicians who will play a key role in improving the care we provide the growing number of older Ohioans. I encourage every school, community and family to consider how important geriatric professionals are and inspire more young people to help us meet the need.

AREA AGENCY ON AGING DISTRICT 7, INC.

MISSION STATEMENT

- Identify needs of Americans age 60 and over and other frail or at risk Americans
- Develop plans to enable one to maintain his/her independence and dignity, through a system of in-home and community services
- Administer a wide variety of federal, state, local and private funds, which support those services
- Advocate on behalf of all older persons within the AAA7 service area

This is an abbreviated version of AAA7's mission statement. For the full mission statement and more information, contact AAA7 at 1-800-582-7277 or visit our website at www.aaa7.org.

**"Services provided
on a Non-Discriminatory Basis"**

AREA AGENCY ON AGING DISTRICT 7, INC. HISTORY

1972 - Rio Grande College was selected to sponsor one of the only four model projects in Ohio that were funded by the U.S. administration on Aging. The Area-Wide Model Project developed services for older Americans in a four-county area.

1974 - The Model Project was officially designated the Area Agency on Aging District 7, Inc.

1980 - The Agency separated from Rio Grande College and became a private non-profit organization. The Agency is governed by a self-perpetuating Board of Trustees.

1983 - The Agency became the contractor for the Title III Nutrition Program for the ten-county area.

1987 - The Agency contracted with the Ohio Department of Aging to operate a pilot program in Community Care Coordination for the Area, which is a case-managed chronic care model.

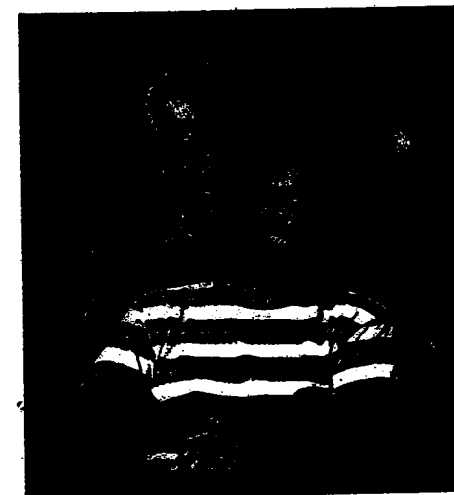
1989 - The Agency contracted with the Ohio Department of Aging to operate a handyman and home repair program for low-income persons age 60 and over. This program is utilized as match for the Housing Trust Fund Program.

1990 - The Agency contracted with the Ohio Department of Aging to provide an in-home alternative to nursing homes for frail elderly through the PASSPORT Program.

AREA AGENCY ON AGING DISTRICT 7, INC.



Assistance. Advocacy. Answers on Aging.



Administrative Office
F32, URG
P.O. Box 500
160 Dorsey Drive
Rio Grande, Ohio 45674-0500

Satellite Offices:
Portsmouth, Waverly and West Union
Phone: 1-800-582-7277
TTY 1-888-270-1550
www.aaa7.org

The Area Agency on Aging District 7, Inc. (AAA7) administers programs for older adults funded by the state and federal governments. Federal funds managed by the Administration on Aging and the Center for Medicare and Medicaid Services, as well as all state funds, are received through the Ohio Department of Aging. The Area Agency contracts with agencies and organizations and then channels funds through this network of service providers. These service providers include senior centers, community action agencies, home health agencies, health departments, etc.

AAA7 also pursues various other grant opportunities to provide special programs for older adults and those involved with services to other at-risk populations, regardless of age.

The Area Agency on Aging District 7, Inc. (AAA7) region incorporates the following ten counties: Adams, Brown, Gallia, Highland, Jackson, Lawrence, Pike, Ross, Scioto, and Vinton.

TRAINING

The Area Agency on Aging District 7, Inc. organizes and administers training events for professionals in the field of aging and other community groups. These training sessions allow participants to network with others while furthering development of their professional skills.

SPEAKERS BUREAU

The Area Agency on Aging District 7, Inc. provides speakers upon request for meetings and trainings for those wanting to know more about the agency's programs.

SERVICES OFFERED

Home-Delivered and
Community Center Meal Programs

Emergency Home Repair

In-Home Assessment

Linkage To Community Services

Adult Day Care

General and Escorted Transportation

Alzheimer's Education, Family Support,
and Respite Care

Legal Assistance

Case Management

Health Promotion Activities

Volunteer Ombudsman

Information and Referral/Assistance

Educational/Training Programs

Personal Care/Homemaking

Grandparents Raising Grandchildren



1-800-582-7277

TTY 1-888-270-1550

PROGRAMS

PASSPORT: Pre-Admission Screening
System Providing Options and Resources
Today

Long-Term Care Ombudsman

Care Choice Ohio

Service Coordination

Housing Trust Fund Home Repair

Residential State Supplement

Care Coordination

Kinship Navigation (in selected counties)

National Family Caregiver Support

Ryan White HIV/AIDS Case Management

SPECIAL EVENTS

AAA7 sponsors and participates in various special events each year to promote active aging. These events showcase seniors who are 55 years old and over from AAA7's ten county area.

AAA7 Senior Art Show & Essay/Poetry
Contest

Senior Citizens Day

Senior Hall of Fame

Elder Caregiving Award

Join Hearts in Giving

Appreciation/Recognition Meeting

Senior Expo-September

Emancipation Celebration

Governor's Conference

Health Fairs

AUGUST, 2006

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz		SPAGHETTI w./ Turkey meat S. GARDEN SALAD/DRESSING ITALIAN BREAD PEARS 1-Aug	TURKEY & GRAVY WHIPPED POTATOES ITALIAN VEGETABLES YELLOW CAKE w./ICING 2-Aug	MEAT LOAF BAKED POTATO PENNY CARROT SALAD WHEAT BREAD REF. PUDDING DESSERT 3-Aug	HAM & BEANS / ONIONS 2* CHEESE CUBE SPINACH / VINEGAR CORNBREAD MUFFIN APPLESAUCE 4-Aug
vegetable or fruit 1-cup fruit	TURKEY/HAM/CHEESE ON SUB BUN BROCCOLI/CARROT SALAD AMBROSIA FRUIT CUP COOKIE (2) 7-Aug	SAUSAGE PATTY HB. PATTY SPINACH BISCUIT STEWED APPLES 8-Aug	OB CHICKEN LEG QTER. WHIPPED POTATOES GREEN BEANS ROLL CHERRY CAKE w./ ICING 9-Aug	LASAGNA TOSSED SALAD/DRESSING ITALIAN BREAD APPLE 10-Aug	FISH ON BUN / CHEESE SLICE TARTAR SAUCE BAKED BEANS COLE SLAW ORANGE 11-Aug
Bread 1 serving Butter - 1 tsp.	SCALLOPED POTATOE w./ HAM & CHEESE KALE / vinegar ROLL PINEAPPLES 14-Aug	COUNTY STEAK WHIPPED POTATOES BEEETS WHEAT BREAD VANILLA PUDDING 15-Aug	CHICKEN SALAD PLATE ON LETTUCE BED w./ tomato slice/1/2 boiled egg FRUIT CUP CRACKERS BROWNIE 16-Aug	BBQ ON BUN / pickle slices OVEN FRIES COLE SLAW PEACH COBBLE 17-Aug	MACARONI & CHEESE STEWED TOMATOES MIXED FRUIT WHEAT BREAD CHOCOLATE CHIP COOKIES (2) 18-Aug
Dessert 1/2 cp.	HAM & CHEESE ON BUN TOMATO SL./LETTUCE POTATO SALAD ORANGE BUTTERSCOTCH PUDDING 21-Aug	PORKETTE AU-GRATIN POTATOES COOKED CABBAGE WHEAT BREAD APPLE 22-Aug	CHICKEN CASSEROLE GREEN LIMAS & CORN WHEAT BREAD ORANGE JELL-O w./FRUIT 23-Aug	BEEF STEW TOSSED SALAD/DRESSING BISCUIT PEARS 24-Aug	HOT DOGS & KRAUT WHIPPED POTATOES WHEAT BREAD PEACH COBBLER 25-Aug
	PEPPER STEAK HASH BROWNED PATTY CARROTS WHEAT BREAD RICE PUDDING 28-Aug	CHICKEN PATTY WHIPPED POTATOES BEEETS ROLL ANGEL FOOD CAKE/GLAZE 29-Aug	POTATO SOUP BOLOGNA SALAD SW. GARDEN SALAD MIXED FRUIT CRACKERS 30-Aug	JOHNNY MARZETTI COLE SLAW ROLL BANANA 31-Aug	

MENU SUBJECT TO CHANGE

Choice of Beverages Available

Condiments Available

Diabetic Desserts Available

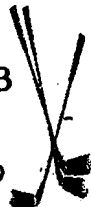
TO OBTAIN INGREDIENT'S INFORMATION, CONTACT THE MANAGER AT YOUR NUTRITION SITE



Ralph McFann
Owner/Manager

BIG BEAVER CREEK GOLF CLUB

1762 Zahns Corner Road, Piketon, Ohio 45661
Phone (740) 289-3643 Toll Free (877) 496-7689



Lunch served daily
Grilled Steaks, Ribs, & Chicken
Served Friday and Saturday
Nights 5:30 til 9:30 pm

J.F. HEIBEL ELECTRIC, INC.

INDUSTRIAL & COMMERCIAL
CONTRACTING



567 Circleview Drive
P.O. Box 67
Waverly, Ohio 45690

Phone: 740-947-2880
Fax: 740-947-2880
Email: j_f_heibel_electric@hotmail.com

James Heibel

AMERICAN SAVINGS BANK

Jerry L. Dixon
Assistant Vice President

951 West Emmitt Ave.
Waverly, Ohio 45690

PH 740-947-4372
FAX 740-947-1040

E-mail: tdixon@asbportsmouth.com

American Savings Bank
Let us fill all your banking needs.

Open: Mon thru Thurs 9 am til 4 pm
Friday 9 am til 5 pm
Saturday 9 am til 12 pm

Boyer Funeral Home Inc.

Howe-Wheeler-Boyer-Hornback
Funeral Home

Gregory D. Boyer
Funeral Director

David A. Boyer
Funeral Director

Bill F. Hornback
Funeral Director

724 Main Street
P.O. Box 536
Piketon, Ohio 45661
740-289-2411

724 Main Street
Piketon, Ohio 45661
740-289-2411

Community Action

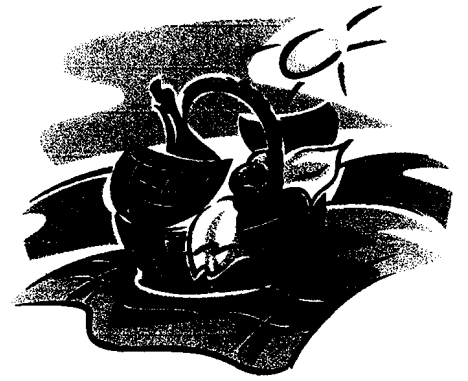
CAC of Pike Co.
408 Walnut Street
Waverly, Ohio 45690

Phone: 740-947-5555

Fax: 740-947-7648

Email:

shelleylyon@pikecac.org



*Blue grass construction,
Inc.*

Open from 8 am until 4 pm

*Address: 201 E North
Street*

Phone 740-947-2680

*Blue Grass Construction, Inc. is standing by to meet
all of your General Construction needs.*

**Pike Co. Senior Center
CAC of Pike Co.
408 Walnut St
Waverly, Ohio 45690**

Services provided with funding, in part, from the Ohio Department of Aging, the Area Agency on Aging, District 7, inc., the Pike County Dept. of Human Services, Community services Block Grant, The Pike County Commissioners and Title III-B and III-C of the Older Americans Act. All Services provided on a nondiscriminatory basis.