

GOLDEN OLDIES NEWSLETTER

November and December 2008

CLOSINGS TRIPS AND LUNCHEONS

CLOSINGS

November 11
VETERANS DAY
November 27 and 28
THANKSGIVING
December 24 and 25
CHRISTMAS
January 1, 2009
NEW YEARS DAY

LUNCHEONS

November 19
THANKSGIVING
December 17
CHRISTMAS

*Please sign up in
the Senior Program
Office to reserve
your seat for the
special luncheons.*

TRIPS

November 17
LANCASTER MALL
Bus Fee: \$12.00

December 18
Chillicothe lights.
*EAT AT GOLDEN
CORRAL*
Bus Fee: \$ 6.00

Craft Department

The Craft Department will have special holiday sales beginning Wednesday, November 5th. The sale will continue every Wednesday during the months of November and December leading up to the Christmas holiday. They will also be raffling off a quilt.

Edna Lansing would like to thank everyone who assisted with the craft program during her recent illness.

HAPPY BIRTHDAY NOVEMBER

5—Peggy Mickey	20—Gladys Thompson	29—Shirley Seals
7—Bonnie Vaughn	21—Fred Foreman	30—Paula Forman
11—Lena Pritchett	23—Alfred Elter	30—Faye Piper
12—Lillie Murray	24—Betty Remy	
14—Evelyn Jenkins	26—Constance McQuay	
15—Gary Crabtree	27—Virginia Cottle	
15—Beulah Lock	27—John Taylor	
17—Harry Andrews	28—Dorothy Farnham	
18—Betty Blanton	29—Don Chapman	

HAPPY BIRTHDAY DECEMBER

01—Norma Lemaster	13—Fred Charles	25—Helen Poolos
04—Betty Detillion	14—Violet Williams	29—Charles Keibler
04—Ray Pritchett	15—Phyllis Rose	30—Bill Creager
05—Alma Connors	15—Larry Teeters	30—Lelah Entler
05—Billie Phillips	16—Kathryn Pendleton	30—Marie Hendricks
05—Ernest Silcott	18—Shirley Louderback	30—Carol Henry
08—Gerri Arrowood	19—Tim Green	30—Forrest Lawson
09—Nannie Carter	19—Elizabeth Main	31—Wilma Cornett
11—Maude Ramey	20—Elizabeth Stephens	

MEDICARE PART D ASSISTANCE

Beginning November 15th, Medicare Part D participants will have the opportunity to review and/or change their Part D benefits.

Randy Benner from Traditions at Bristol Village will be at the Senior Center to meet with participants and go over their Medicare Part D plans on November 20th and December 1st. To schedule an appointment with Randy on November 20th or December 1st, please see Shelley in the office.

DONATIONS

THANK YOU FOR YOUR DONATIONS !!!

Pat Lemaster
 Vivian Pelfrey
 Gerald Weaver
 Ruby Dixon
 Virginia Heavenridge
 Gladys Thompson
 Helen Slaughter
 Donna Adams
 Amanda Skinner

Edna Lansing
 Bonnie Yates
 Bethel Fox
 Walter Dawson
 Delores Shepherd
 Marie Woods
 Ruth Dunham
 Betty Brewster
 Wanda Lawson
 Alma Connors
 Norma Shaw
 Mr. & Mrs. Mike McFarland
 Mr. & Mrs. Jack Weeter
 Mr. & Mrs. Roscoe Mickey

Elinor Setty
 Mr. & Mrs. Larry Teeters
 Elizabeth Stephens

Senior Programs are always in need of donations as well as volunteers. Please let the office staff know if you would like to make a donation or volunteer. Thanks!

SENIOR ADVISORY COUNCIL

Members Are:

Bob Downing
 Walter Dawson
 Juanita Bryant
 Elinor Setty
 Joan Cox
 Ruby Dixon
 Jean Mangan
 John Harbert

Larry Teeters
 Peggy Mickey
 Frank Dam
 Edna Lansing
 Wanda Lawson
 Alma Connors
 Hannah Williams
 1st Alt. Joyce Borders

The Senior Advisory Council is looking for another alternate. If you would like more information about the Advisory Council or would like to be considered as the second alternate, please see Shelley in the office.

SENIOR EXPO

Thank you to everyone who helped with Senior Expo this year. Joan Cox baked the cake for the cake auction which John Harbert purchased for \$200. The Area Agency on Aging #7 sent John's \$200. check directly to the Pike County Senior Center.

The total profit for Expo 2008 was \$1,517. Special thanks goes out to Bob Downing who and Kroger of Waverly for all the bread used in the food service booth at Expo.

BOOK SALE

Please remember that there are books in the lounge for sale and on the second floor. If you want to look at the books on the second floor, please see the office staff.

RENTAL

If you are planning a meeting, get together, family reunion or birthday party, please consider renting the Senior Center facility for your function. See the office staff for prices and availability.

SOUTHERN OHIO LEGAL SERVICES

A Southern Ohio Legal Services (SEOLS) representative is at the senior center every two months to help low income people and senior citizens with legal matters. The next SEOLS visit is scheduled for November 4th. If you would like to schedule an appointment with SEOLS, please call 1-800-686-3668 prior to November 4.

BUREAU OF MOTOR VEHICLES NEXT OF KIN PROGRAM

IF YOU ARE IN AN ACCIDENT OR YOUR FALL ILL AT HOME, HOW WOULD SOME BE ABLE TO CONTACT YOUR NEXT OF KIN? THROUGH THE BUREAU OF MOTOR VEHICLES. YOU CAN NOW ATTACH YOUR NEXT OF KIN IN-

FORMATION TO YOUR DRIVERS LICENSES OR STATE ID. WHEN YOUR LICENSES ARE RAN LAW ENFORCEMENT CAN OBTAIN YOUR NEXT OF KIN. IF YOU WANT MORE INFORMATION ON THIS PROGRAM, PLEASE SEE

THE SENIOR CENTER OFFICE OR YOUR LOCAL BUREAU OF MOTOR VEHICLES

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.



Snowy days ahead!

Let's Play Euchre!

Come in on Tuesday's at 12:30 and play Euchre!!! If you do not know how to play or you want to teach a new game, come on in and join the fun.

**PLEASE REMEMBER
YOUR DONATION
FOR YOUR MEAL—
IT REALLY HELPS!**

Botkin Funeral Home
Waverly (740) 947-2313
Otway (740) 372-4191
314 E North Street
Waverly, Ohio 45690
Funeral Services & Pre-Need
Services
Www.botkinfuneralservices.com

Printex Same Day Printing
101 Victory Dr.
Waverly, Ohio 45690
(740) 947-8800
*Call us for all of your printing
needs!*

Traditions at Bristol Village
Theresa Trovillo
(740) 947-2133
444 Cherry St.
Waverly, Ohio 45690

**BOYER FUNERAL
HOME, INC.**
125 w Second St.
Waverly, Ohio 45690
(740) 947-2161

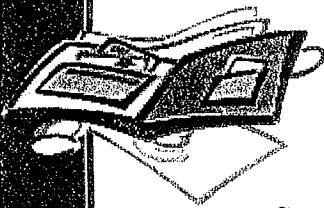
An Assisted Living, Memory Care and
Rehabilitation Community.

The Senior Advisory Council is participating in the Kroger Cares Fund Raising Program. The program provides proceeds from the purchase of Kroger Gift Cards to non-profit organizations. Please see Shelley in the Senior Programs office to purchase a Kroger gift card for this Senior Advisory fund raising endeavor.

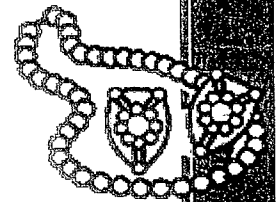
“Knock, Knock. Who’s There?” Prevent Theft in Your Home

Theft is most often a crime of convenience. Money and valuables left within sight of even the most trustworthy person may be an irresistible temptation in certain circumstances.

Invite people into your home, but don’t invite theft.



- **Know who is in your home and why.** Verify the identity of any person who wishes to enter your home. Ask to see I.D. and ask who sent them. Call to make sure the visit is authorized.
- **Store your valuables,** including medications, jewelry, cash, checks and credit cards, in a private place.
- **Retrieve your mail daily.** If you can’t get your mail yourself, have a trusted friend, family member or neighbor retrieve it for you.
- **Destroy unwanted or unneeded documents** that identify you in any way, including bank statements, bills, financial documents, records and other papers that contain information that could be used to conduct business in your name.
- **Do not allow someone to write checks for you** or pay your bills with your credit or debit card unless you have previously and formally authorized them to do so. If you need assistance, contact your case manager or Area Agency on Aging (1-866-243-5678).



- **Monitor purchases.** When someone runs an errand for you, give him or her only the money needed for the task. Get the receipt, check it and count your change. Do not lend money or belongings to someone working for you.

If you suspect someone may have stolen something that belongs to you, do not confront the person yourself. Immediately contact the appropriate authorities (police or sheriff) and the individual’s employer, your case manager and your family.

NOVEMBER, 2008

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz.	COUNTRY STEAK-3oz WHIPPED POTATOES -4oz PICKLED BEETS-4oz PEARS-4oz W.Gr. Bread-2 / MILK 3	SLOPPY JOE-2oz ON BUN PICKLE SLICES OVEN BROWNED POTS-4oz COLE SLAW-4oz FRUIT CUP-4oz / MILK 4	BEEF BARLEY SOUP-8oz BANANA-1 TOSSED SALAD-1 cup CRACKERS -4 (4ct) pack MILK / LEMON PUDDING DESSERT 5	CHICKEN & NOODLES-8oz GREEN BEANS-4oz TANGERINE- 1 CORN-4oz BISCUIT-2oz & MILK 6	CHILI -8oz CRACKERS-4/5 packs GARDEN SALAD-1cup APPLESAUCE-4oz 100% Fruit Juice & MILK 7
vegetable or fruit 1-cup total	PEPPER ST.2-oz or NOODLES-4oz CAULIFLOWER -4 oz BUTTERED CARROTS-4oz MIXED FRUIT-4 oz Whole Grain Bread - 1 slice MILK 10	CLOSED FOR VETERAN'S DAY LET US ALWAYS REMEMBER OUR SOLDIERS 11	MEAT BALL-2oz IN GRAVY OVER RICE-4oz SWEET POTATOES-4oz PEAS-4oz MANDARIN ORANGE SLICES-4oz W.GR. BREAD-1 slice & MILK 12	CREAM OF BROCCOLI - 8 oz. Turkey Breast-2oz ON BUN Tossed Salad - 1cup Pineapples - 4 oz CRACKERS -1 (4ct) pack MILK 13	Veggie Mac'n'Cheese - 8 oz HAM SLICE - 2oz PINEAPPLE COLE SLAW - 6oz PEACHES - 2oz WHOLE GR. BREAD - 1 slice MILK 14
Bread 1 serving Butter 1 tsp.	MEAT LOAF-2/3oz AuGratin Potatoes - 4oz PENNY CARROT SALAD - 4oz SAMANA - 1 Roll-2oz & MILK 17	SPAGHETTI / MEAT SAUCE - 8oz. GARDEN SALAD - 1 cup PEARS - 4oz 100% Fruit Juice -1 can ITALIAN BREAD- 1 slice & MILK 18	THANKSGIVING LUNCHEON TURKEY -2oz& DRESSING- 2 oz WHIPPED POTATOES- 4 oz GR. BEANS-4oz / COLE SLAW-4oz PUMPKIN PIE / ROLL-(1) & MILK 19	FISH ON BUN / TARTAR SAUCE PEAS & CARROTS- 4 oz CUBED HASH BROWN POTS.-4oz MANDARIN ORANGE SLS -4oz MILK 20	HAM & BEANS / ONIONS - 8oz 2" CHEESE CUBE SPINACH / VINEGAR - 4oz APPLESAUCE - 4oz CORNBREAD MUFFIN-2oz & MILK 21
Dessert 1/2 cp.	LASAGNA / MEAT SAUCE-8oz TOSSED SALAD- 1 cup GREEN BEANS- 4 oz PEACHES- 4 oz ITALIAN BREAD- 1 slice / MILK 24	PORK TENDERLOIN - 2/3oz SCALLOPED POTS-4oz KALE / VINEGAR-4 oz PINEAPPLES / PEACHES - 4 oz CORNBREAD - 2oz portion / MILK 25	VEGETABLE SOUP - 8oz. BOLOGNA-2oz ON BUN CRACKERS -1 (4ct) pack TROPICAL FRUIT BLEND-4oz 100%Fruit Juice -1 can & MILK 26	AGENCY CLOSED FOR THANKSGIVING HOLIDAY 27	AGENCY CLOSED FOR THANKSGIVING HOLIDAY 28

Choice of Beverages Available

Condiments Available

Low Sugar Desserts Available

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

DECEMBER, 2008

MENU IS SUBJECT TO CHANGE

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat or alternate 3 oz.	JOHNNY MARZETTI-8oz MIXED VEGETABLES-4oz SPINACH-4oz PEARS-4oz ITALIAN BREAD-1slice & MILK 1	OPEN FACE TURKEY SW. -2oz meat MASHED POTATOES - 4oz GREEN BEANS - 4oz APPLESAUCE - 4 oz. (Use Texas Toast Br. 1) MILK 2	POTATO SOUP - 8oz. HAM-2oz. ON BUN COLE SLAW-4oz MIXED FRUIT-4oz CRACKERS-1 pack & MILK 3	CHICKEN & NOODLES-8oz GREEN BEANS-4oz TANGERINE-1 100 % FRUITY JUICE WH. GR. BREAD -1 & MILK 4	BEEF STEW -8oz portion potatoes, carrots, celery, onion 1/2 cp. PEACHES-4oz TOSSED SALAD-1-cup BISCUIT-2oz. & MILK 5
vegetable or fruit 1-cup total	SMOKED SAUSAGE-2oz SAUERKRAUT- 4oz MASHED POTATOES-4oz TROPICAL FRUIT BLEND-4oz WHOLE GRAIN BREAD- 2 MILK 8	PEPPER STEAK-3oz/ NOODLES-4oz PEAS-1 oz CORN-4oz PEARS-4oz WHOLE GR. BREAD - 1 MILK 9	GRILLED CHICKEN PATTY-3oz SCALLOPED POTATOES- 4oz SPICED BEETS- 4 oz FRUIT SALAD- 4 oz BISCUIT - 2oz MILK 10	CHILI-8oz. GARDEN SALAD-1 cup APPLESAUCE-4 oz 100 % FRUIT JUICE - 1 can CRACKERS-1 or 5 packs MILK 11	Closing for Agency Holiday@ 12:00 SAUSAGE POT. CASSAROLE-8oz STEWED APPLES-4 oz PEAS-4 oz 100 % FRUIT JUICE - 1 can BISCUIT-2oz. & MILK Serving at 10:30 am 12
Bread 1 serving	SALISBURY STEAK-3oz RICE-.4oz LIMA BEANS-4oz MIXED FRUIT-4oz WHOLE GR. BREAD - 1 MILK 15	CREAM OF BROCCOLI -- 8oz HAM-2oz SW. ON BUN TOSSED SALAD-1 cup PEACHES & PEARS-4oz CRACKERS-1pack / MILK 16	CHRISTMAS LUNCHEON ROAST BEEF-2/3oz & GRAVY SOUR CREAM MASHED POTS.-4oz GREEN BEANS-4oz PINEAPPLE COLE SLAW-4oz ROLL-2oz / MILK/ Bread Pudding 17	MEAT LOAF-2/3oz HOMINY-4oz BROCCOLI-4oz PENNY CARROT SALAD-4oz BISCUIT-2oz & MILK 18	VEGETABLE SOUP -- 8oz. BOLOGNA SALAD-2oz ON BUN COLE SLAW-4oz APPLESAUCE-4oz CRACKERS-1 pack MILK 19
Butter 1 tsp.					
Dessert 1/2 cp.	HAM & CHEESE VEGGIE BAKE 2-oz. / 2-oz. vgs. / 8oz. Portion MIXED GREENS-4oz. APPLESAUCE-6oz WHOLE GR. BREAD-1 / MILK 22	CREAM OF CAULIFLOWER SP-8OZ BOLOGNA SALAD-2oz ON BUN COLE SLAW-4oz /CRACKERS-1pk HARVARD BEETS-4oz Mandarin O. Sls-4oz / MILK 23	CLOSED FOR CHRISTMAS HOLIDAY 24	CLOSED FOR CHRISTMAS HOLIDAY 25	POTATO CHOWDER SOUP-8oz TURKEY ON BUN TOSSED SALAD-1-cup TANGERINE-1each / CRACKERS-1 MILK 26
	SAUSAGE, EGG HASH BROWN CASSAROLE BAKE-8oz portion STEWED APPLES-4 oz SPINACH-4oz BISCUIT-2oz MILK 28	HAMBURGER VEG. SOUP- 8 oz. PINEAPPLE COLE SLAW-6oz (2-oz/Pineapple & 4-oz cole slaw) PEACHES-4oz. / CRACKERS-3PKs. MILK 30	OPEN FACED TURKEY ON TEXAS TOAST w/MASHED POTS/GRAVY 2 oz meat / 4 oz potatoes GREEN BEANS-4oz MANDARINE ORANGE SLICES-4 oz MILK 31		

Choice of Beverages Available

Condiments Available

Low Sugar Desserts Available

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

www.pikecac.org

Phone: 740-947-5555

Fax: 740-947-7648

Email: shelleylyon@pikecac.org

EMERGENCY HEAP INFORMATION

- * Emergency HEAP begins November 3, 2008.
- * Appointments are now being scheduled.
- * Please call 947-5555 or 289-2371 to schedule an appointment.



BRRRRRR!!!!!!

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