As we wrap up summer and head into fall, for those of us who work in human services, September is Hunger Action Month, a time when we raise awareness about the issue of senior hunger through this nationwide awareness campaign. Why? Because hunger-related statistics continue to be unsettling: hungry seniors sacrifice their quality of life and are more likely to develop adverse health conditions such as asthma, diabetes and heart problems. Meals on Wheels is here to help address this issue for the seniors of Fairfield County.

According to Meals on Wheels America, the oldest and largest national organization supporting more than 5,000 community-based senior nutrition programs across the country, in Ohio more than 675,000 seniors are threatened by hunger; one out of six seniors over the age of 60 may not know where their next meal will come from.

In the ‘industry’, this is known as food insecurity. Food insecure households are not necessarily food insecure all of the time. Food insecurity may simply reflect a recurring need to make trade-offs between important basic needs, such as rent or medications, heat or electricity, and purchasing nutritionally adequate food – decisions no one should have to make, let alone our elderly.

To combat this problem in our local area, Meals on Wheels of Fairfield County offers programs to provide healthy meals to hungry seniors. In addition to the home delivered meals, the agency offers three restaurant site programs, and six congregate meal locations. During the COVID-19 pandemic, the congregate dining sites have been closed by order of the Governor. The restaurant programs continue to offer pick-up service for the meals. If you are interested in more information about the restaurant program or would like to sign up, please call Sarah at 740-681-5050.

Other programs offered through the agency to address food insecurity include supplemental food box program, senior farmer’s market program, and liquid supplement program. Please call the agency if you would like more information on these programs.

During Hunger Action Month, Feeding America and Meals on Wheels will raise awareness to the issue of senior hunger and work with our community to
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Emergency Meals

Since the beginning of the Covid-19 Pandemic, we have tried to make sure that every client has had enough food in the event that we could not deliver meals. You may remember in April when we sent out extra frozen and shelf stable meals. We did not know what the future had in store for us. Our goal was to give you enough meals to last two weeks “IF” we had to close or had a driver shortage. Fortunately, we’ve made it through without any illnesses or situations that prevented us from serving you.

We understand that during the self-isolation and the stay at home order most seniors did not get out to grocery shop and may have had to use some, if not all of the “extra” meals to get by. If you have, that is ok. We are so happy that you had those meals to use.

Covid 19 is still here, and no one knows how it, along with the regular flu season, is going to affect us. Once again, we are starting from scratch, and we are going to send you additional “Emergency Meals Boxes”. These boxes will contain 5 meals. The box will be labeled “Emergency Meals”. You may have already received this box. If you’ve already gotten your Emergency Meals, please put this box up and keep it so that if something does happen that we cannot deliver to you, you’ll have food to eat. In October, you will receive an additional box containing 7 meals. These 7 meals will take the place of the “Blizzard Meals” you are used to getting in October. Additional boxes may come in December or January depending on the situation at the time.

While we are doing our part to provide you with as much “extra” food as we can in case of an emergency, there are things you can do to protect yourself from being hungry if we cannot get to you. You should have stored at least a three day supply of non-perishable foods. Make it foods you will enjoy. Remember to have protein or fruit bars and peanut butter on hand. Dry cereal or granola are options as well. Canned juices and dried fruit should be considered. Anything that has a shelf life of 6 months or longer is what you need to consider. A three day supply of drinking water is also suggested.

Please check all expiration dates on the food that you have stored to make sure it is still safe to use. We try to get a 6 month shelf life out of our boxes. They are labeled with a USE BY DATE. What that means is: something within the box will have a “use by date” that will have the same date as on the outside of the box, but not all of the items. Please check each date to be sure you will not consume something that has expired.

If you have any questions, you can call the agency. We are happy to answer them.

Cindy Wells, Director of Operations.
Lucy’s Café News

Grab and Go from Meals on Wheels

Meals on Wheels is proud to offer a Grab and Go meal service during the COVID state of emergency with the goal of ensuring seniors are getting the nutritious meals they need. Grab and Go meals are a “to go” type meal that can be picked up by you and taken home to enjoy. The meal will be prepackaged and ready for your arrival.

Starting September 1st, Meals on Wheels will offer Grab and Go meals from Lucy’s Café, located at 1515 Cedar Hill Rd. Lancaster, OH 43130. These meals will be available to any senior living in Fairfield County, who is age 60 or older. In order to receive a Grab and Go meal, you must be a member of the Meals on Wheels program. If you have eaten at Lucy’s Café, then you are already a member. If you are not a current member and are interested in becoming one, please give us a call at 740-681-5050. Membership is free and the paperwork is easy.

Grab and Go meals will be offered Monday-Friday between the hours of 10am and 1pm. A meal pick-up requires you call in and place your order at least one day in advance of your pick up. You can call and order a Grab and Go meal for a day, week, or month at a time. When you call to place your order, the agency will collect your name, phone number, your milk choice, and a timeframe for your pick up. The meal menu is set for the week and available by mail or on our website; www.mowfc.org. Grab and Go meals are a program of Meals on Wheels and as such we are required to ask for a suggested donation of $4.00 per meal. However, no one is denied meal services for their unwillingness or inability to make a donation.

When you call to reserve a Grab and Go meal, you will be given instructions on how to let us know you are here. Our agency continues to be closed to the public, so we ask that you please do not exit your vehicle. A staff member will be out to assist you upon your arrival.

If you have questions about this new meal option, or if you would like to order Grab and Go meals for September, please call us at 740 681-5050. Our Receptionist, Julie, will be happy to assist you.

Senior Farmer’s Market 2020

Each year, Meals on Wheels-Fairfield County partners with LifeCare Alliance, Mid Ohio Foodbank, and the USDA to make fresh produce available to qualifying older adults in Fairfield County. Fresh produce is a wonderful way to get proper nutrients and enjoy the bounty of summer. In years past, vouchers have been provided to allow seniors to shop for fresh produce at local farmer’s markets. In response to the COVID-19, the Senior Farmer’s Market organizers decided to deliver fresh produce directly to homes in order to protect seniors from exposure. The organizers worked directly with local farmers for the produce and relied on numerous volunteers to box and prepare it for delivery. The produce boxes were delivered to Meals on Wheels for distribution to older adults who sent in an application and were approved for the program.

With over 270 boxes of fresh produce to delivery, Meals on Wheels enlisted the help of over 50 volunteers. Produce was delivered by local Rotarians, Kiwanians, and members of Pickerington Lion’s Club. In addition, many individuals stepped forward to help too. It would have been next to impossible for the agency to get the produce delivered in a timely way without the help of many wonderful volunteers.

Of course, the deliveries were “no contact” deliveries which means the produce was delivered to the porch of those in the program. Thank you to all who participated in the delivery day. (pictured are Meals on Wheels staff members from
6 Steps to Protect Older Adults from a Fall

Did you know that 1 in 4 older Americans fall every year? Falls are the leading cause of both fatal and nonfatal injuries for people aged 65+.

Falls can result in hip fractures, broken bones, and head injuries. And even falls without a major injury can cause an older adult to become fearful or depressed, making it difficult for them to stay active.

Reducing an older adult’s risk of falling is a great way to help them stay healthy and independent as long as possible.

The good news about falls is that most of them can be prevented. The key is to know where to look. Here are some common factors that can lead to a fall:

- **Balance and gait**
  As people age, many lose some coordination, flexibility, and balance—primarily through inactivity, making it easier to fall.

- **Vision**
  In the aging eye, less light reaches the retina—making contrasting edges, tripping hazards, and obstacles harder to see. New research suggests hearing loss can also contribute to the risk of falling.

- **Medications**
  Some prescriptions and over-the-counter medications can cause dizziness, dehydration or interactions with each other that can lead to a fall.

- **Environment**
  Most seniors have lived in their homes for a long time and have never thought about simple modifications that might keep it safer as they age.

- **Chronic conditions**
  More than 90% of older adults have at least one chronic condition like diabetes, stroke, or arthritis. Often, these conditions increase the risk of falling because they result in lost function, inactivity, depression, pain, or multiple medications bring taken.

Every year on the first day of fall, National Falls Prevention awareness Day is celebrated to bring attention to this growing public health issue. To promote greater awareness and understanding here are two common myths—and the reality—about older adult falls:

**Myth 1: Falling is something normal that happens as you get older.**

Falling is not a normal part of aging. Strength and balance exercises, managing your medication, having your vision checked, and making your living environment safer are all steps you can take to prevent a fall.

**Myth 2: Muscle strength and flexibility can’t be regained.**

While we do lose muscle as we age, exercise can partially restore strength and flexibility. It’s never too late to start an exercise program. Even if you’ve been a “couch potato” your whole life, becoming active now will benefit you in many ways—including protection from falls.
Ice Cream in a Bag

**Ingredients:**
- 1/4 cup salt (any kind will work)
- 1 cup heavy cream, half and half, or even whole mild works (heavy cream is best)
- 1 tbls vanilla extract
- 2 tbls sugar

1. In a Quart size bag, add the cream/milk, vanilla, and sugar
2. Seal the bag closed tightly
3. Add the ice and salt to a 1 gallon Tupperware type container
4. Put the baggie of liquid mixture into the plastic tub and close it with the plastic lid.
5. Shake for 10 minutes
6. Enjoy the magical ice cream you created!

The Coloring Contest winner is: **Don Shaffer**

Congratulations, Don!

Look at the beautiful, colorful quilt we made together. Isn’t it absolutely stunning? Thanks to all who submitted.
Phrase Answer: September has come. The days wind down. Fawn, red, golden; leaves on the ground.
In the big picture, find these objects.

- funnel
- fish
- saltshaker
- carrot
- clothespin
- cat
- spoon
- duck
- hammer
- chick
- dinosaur
- frog
- rabbit
- golf club
- cow
Invest in YOU with Healthy U!

Ohio’s six leading chronic conditions for those 65+ are arthritis, diabetes, asthma/COPD, heart disease, cancer and stroke. **Healthy U** is a self-management workshop through the Central Ohio Area Agency on Aging (COAAA) that helps people who have chronic conditions learn how to manage their conditions better. This is achieved by trying out new skills and building self-confidence. Self-management starts with testing new techniques to help people break the cycle of problem symptoms and finding out which ones work for them. This leads to successfully managing conditions so people can continue their daily activities and stay engaged in life. Healthy U is made possible through The Ohio Department of Aging and Older Americans Act fund, Title III-D, designated to promote evidence-based disease prevention and health promotion programs. Meals on Wheels’ Senior Services has two certified trainers on staff who will be offering sessions this fall.

**Who should attend?**
- Any adult 60+ with one or more chronic health conditions such as arthritis, diabetes, heart, lung, or kidney disease, or other ongoing health problems.
- Anyone whose health problems interfere with their valued life activities.
- Anyone who has difficulty understanding or following health recommendations.
- Anyone who would like peer support from other in similar situations.
- Anyone who is ‘sick and tired of being sick and tired” and is ready to make changes!

Workshops will be held on ZOOM for 2 hours every Thursday from 10:00am to 12 noon beginning This fall. MOW’s Certified Trainers Chris Sulick and Linda McDonald will be leading the workshop. Call Chris Sulick for more information, or to register 740-681-5050, extension 114. We can walk you through the process for connecting/using a Zoom meeting through your email.

### September Commodity Box Pick-Up

- Last name beginning with **A-J**  
  Wed., Sep 23  
  1-3:00pm
- Last name beginning with **K-Z**  
  Thurs., Sep 24  
  1-3:00pm

**No drop-ins. Arrangements must be made prior to pick up of commodity box. No exceptions.**

You must complete an application and meet income guidelines to be eligible to receive a Commodity Box.

Applications are available at: **Meals on Wheels • Aging Services Office 1515 Cedar Hill Road • Lancaster**

**MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS**

**FOR MORE INFORMATION OR TO MAKE A PAYMENT, PLEASE CALL 740-681-5050**

**SARAH ARLEDGE**—ext. #105 for Meal Donations / Homemaking / Personal Care/Respite / Adult Daycare

**BRIAN ROBY**—ext. #118 for Lifeline

PAYMENTS CAN BE MADE RECURRING UPON REQUEST

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**Celebrating 47 years of Service to Fairfield County Seniors**

**Regular Meeting of the Board of Trustees—September 24, 2020**

This newsletter is written by various staff members and edited by Julianna Kincaid