

Alternatives

for OLDER ADULTS

May 2018

Vol. 14 No. 5

Meals on Wheels-Older Adult Alternatives of Fairfield County, Inc., 253 Boving Road, Lancaster, OH 43130

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Memorial Day May 28, 2018

On this Monday, pause for a moment to remember those men and woman who died in service. These brave individuals stepped to the front of line with a belief of protecting our nation. They cared more about our lives than they did their own. When you sit down with your family to picnic, do so in honor of our fallen soldiers.

CLOSED

Meals on Wheels will be closed May 28 to observe Memorial Day. Enjoy your holiday meal, and we will see you on the Tuesday after.

MOTHER'S DAY BAKED STEAK DINNER

Please help celebrate Mom by joining us.

Saturday, May 12th
4:00 p.m. to 7:00 p.m.

Menu

Baked steak, mashed potatoes w/ gravy, seasoned green beans, salad, dinner roll, coffee, punch, and carrot cake.

Dine in or Carry Out Available

All profits go towards our building fund.

Remember: Meals on Wheels Senior Services Levy money is NOT permitted to be used for making the renovations to the new building.

Raffle baskets, 50/50, and a lottery tree



2018 BOARD OF TRUSTEES EXECUTIVE COMMITTEE

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MOW-OAAFC KEY STAFF

Executive Director – [Anna Tobin](#)
Director of Administrative Services – [Sarah Clagg](#)
Nutrition Services Manager – [Amber Goines](#)
Assistant Kitchen Coord./Cook – [Julia Briggs](#)
Again Services Manager – [Amber Throckmorton](#)
Receptionist – [Teresa Vannatter](#)
Administrative Assistant – [Julianna Kincaid](#)
City HDM/Vol Coordinator. – [Rebecca Pessel](#)
Nutrition Office Support – [Barbara Parrish](#)

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Lifeline Coordinator – [Brian Roby](#)
Chair Volleyball Coord. – [Penny Goodlive](#)
Care Coordinators – [Kathy Robbins](#)
Outreach Coordinator – [Chris Sulick](#)

Julia “Julz” Briggs



In Julia’s youth, her grandfather called her Julz. To honor her grandfather’s memory, she asks that everyone address her by the endearing, fun-loving name he’d given her.

In late 2017 the Assistant Cook’s position became vacant. At the beginning of December 2017, Julz slipped into the gap like she’d always been there. Even with a physical disability that made work a challenge, the amazing Julz kept up with the high pace demands of meal production.

Before 1993, Julz lived and worked as a prison guard in West Virginia. The facility closed, and she transferred to the correctional institute outside of Lancaster where she worked until she retired.

The move to Ohio became a turning point for Julz. Not only did she make new friends, she met the love her life, Teresa. The couple married in 2015 and have been raising two beautiful granddaughters of eight and ten. With the youngsters, three dogs, and three kitties; Julz’s household bursts with activity.

The staff at Meals on Wheels enjoys Julz’s witty personality and good-natured demeanor. We delight in the fact she decided to join our team.

Written by: [Julianna Kincaid](#)

CHOICE MENU OFFERINGS

We are delighted to offer you choices on the monthly menu to allow opportunity for selecting the choice entrée that suits your taste buds. Choices are offered two to three times per month. We've experimented with the best way to communicate your selection to our kitchen staff by having you call into the agency a week in advance to place your order on choice day. This process has created some issues on our end. With that said, **we are changing how we collect your "order" for choice of entrée** on the designated choice offering days.

Beginning with the next newsletter, we will be inserting a "choice offering" card in the publication. This card will allow you to circle your choice of entrée for the selected days. You will return the card with your driver within a week. This process will allow our kitchen staff to make sure we order the proper amount of food and we better serve you with the entrée of your choosing. Remember, if you do not make a selection on choice day, you will be served the first entrée listed on the menu. **Call us if you have questions.**

Thank you for helping us to better serve you!

Welcome to Medicare Program

**Presentation by Ohio Senior Health Insurance Information Program (OSHIIP)
Open to the Public**

Wednesday, May 23 – 9:30am

Olivedale Senior Center – 253 Boving Road, Lancaster

Whether you are new to Medicare, getting ready to turn 65, or preparing to retire, you'll need to make several important decisions about your health coverage. If you wait to enroll, you may have to pay a penalty, and you may have a gap in coverage. Meals on Wheels – Fairfield County and the Ohio Senior Health Insurance Information Program (OSHIIP) invite you to attend this free program to help you with getting started with Medicare.

1. **Learn about the different parts of Medicare** – The different parts of Medicare help cover specific services: Medicare Part A (Hospital Insurance) covers inpatient hospital stays, care in a skilled nursing facility, hospice care, and some health care. Medicare Part B (Medical Insurance) covers certain doctors' services, outpatient care, medical supplies and preventive services.
2. **Find out when you can get Medicare** – There are only certain times when people can enroll in Medicare. Depending on the situation: some people may get Medicare automatically, and others need to apply for Medicare. The first time you can enroll is called your Initial Enrollment Period. Your 7-month Initial Enrollment Period usually begins 3 months before the month you turn 65; includes the month you turn 65; ends 3 months after the month you turn 65. If you don't enroll when you are first eligible, you may have to pay a Part B late enrollment penalty, and you may have a gap in coverage if you decide you want Part B later.
3. **Decide if you want Part A & Part B** – Most people should enroll in Part A when they turn 65, even if they have health insurance from an employer. Some people may choose to delay Part B. In most cases, it depends on the type of health coverage you may have. Everyone pays a monthly premium for Part B. The premium varies depending on your income and when you enroll in Part B. Most people will pay the standard premium amount of \$134 in 2018.
4. **Choose your coverage** – If you decide you want Part A and Part B, there are 2 main ways to get your Medicare coverage – Original Medicare or a Medicare Advantage Plan (Like an HMO or PPO). Some people get additional coverage, like Medicare prescription drug coverage or Medicare Supplement Insurance (Medigap). Most people who are still working and have employer coverage don't need additional coverage.
5. **Sign-up for Medicare** – If you're automatically enrolled, you'll get your red white, and blue Medicare cards in the mail 3 months before your 65th birthday or on your 25th month of disability. If you don't get Medicare automatically, you'll need to apply for Medicare.

Mother's Day

Dining

After you've circled all of the words, insert the letters not used into the spaces provided. Work from top to bottom and left to right to receive a hidden message.

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~ WordQuote.com

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HUGS
 KISSES
 MATERNAL
 MEMORABLE
 MOTHER
 NAPKIN
 NECKLACE
 NURTURE
 PLATTER
 PROTETIVE

RESTAURANT
 SELFLESS
 SILVERWARE
 SISTER
 SPECIAL
 STRAWBERRY
 TREAT
 WAITER
 WAITRESS
 WOMAN



ENGAGE AT EVERY AGE: MAY 2018



Every May, the Administration on Aging, part of the Administration for Community Living, leads our nation's observance of Older American's Month. This year's theme is, Engage at Every Age, which emphasizes that you are never too old to take part in activities that can enrich your physical, mental and emotional well-being and celebrates the many ways older adults make a difference in our communities.

At Meals on Wheels, we have many opportunities to keep older adults "Engaged at Every Age." Here are a few of the opportunities offered by the agency:

- Matter of Balance programming is offered throughout the year for those who have concerns about falling.
- Adaptive Equipment Program and Emergency Response Buttons can help you feel safe in our own home.
- Home delivered meals and congregate meals ensure seniors are nourished and cared for thereby reducing isolation and hunger.
- Activities at the congregate sites help keep seniors engaged in fun events throughout the year.

In short, Meals on Wheels' network of support can help improve the quality of life for older adults in Fairfield County and help retain independence. Now that's something to celebrate!

Engaging at Every Age can take the form of giving to the next generation. Older adults have a lifetime of experiences to share with a child, young adult, or a peer. When grandchildren visit, engage them in hobbies and activities that you enjoy. Teaching skills such as sewing or wood working is a fun way to engage. If you are able to get out and about, consider volunteering as a way to share your skills and wisdom. There are many opportunities in the community and in churches to get involved. Sharing your life experiences on paper can also be a rewarding experience for you while passing your life history to family and friends. Consider writing an auto biography or penning your favorite recipes in a book. Your grandchildren will appreciate learning all about you and the foods that you shared over the years.

If you are looking for more ideas, visit the Administration for Community Living website at <https://oam.acl.gov/> any time for resources or inspiration.

Would you like to learn more about Meals on Wheels?
Would you like to see what we are up to?

You can find our website at www.mowfc.org It is full of helpful information about our agency and what is going on. You can find our menu there as well. You can also pay for services or make a donation on our secure site.

This newsletter also lets you know what is going on and keeps you updated with any changes and important agency activities. We all know we are a world of change.

You can also find us on Facebook. Please find us and “LIKE” us. We post a lot of information on Facebook. You may even catch a glimpse of our Executive Director doing a “Live Shot”.

MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS



FOR MORE INFORMATION OR TO MAKE A PAYMENT, PLEASE CALL 740-681-5050:
SARAH CLAGG – ext. #105 for Meal Donations / Homemaking / Personal Care/Respite / Adult Daycare
BRIAN ROBY – ext. #118 for Lifeline
PAYMENTS CAN BE MADE RECURRING UPON REQUEST.

Agency staff are available by appointment for one-on-one assistance in completing the HEAP **Winter Crisis Program** home energy assistance application. Please call 740-681-5050 to make an appointment.
Meals on Wheels may also provide in-home assistance when needed. Call the agency for details.

MEALS ON WHEELS-OAAFC 1973 - 2018

Celebrating 45 years of Service to Fairfield County Seniors

Regular Meeting of the Board of Trustees – May 24, 2018
This newsletter is written by various staff members and edited by
Julianna Kincaid