



Alternatives

for OLDER ADULTS

October 2018

Vol. 14 No. 11

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

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Meals on Wheels Senior Services Levy

Election Day

November 6, 2018

If you didn't vote on the absentee ballot
and aren't sure where to vote,
call the **Liberty Center** a **740-652-7000**.

Daylight Savings Time ends

November 4, 2018



Turn your
clocks back
one hour

Veteran's Day

November 11

(Observed on Nov. 12th)



Veteran's Day is a tribute to military veterans who have served in the U.S. Armed Forces. Originating in 1919 when President Woodrow Wilson marked a year since the end of the First World War, the day coincides with other days of remembrance around the world including Armistice Day in the United Kingdom and Remembrance Day across the Commonwealth of Nations. Not to be confused with Memorial Day, which honors those who died while in service, Veterans Day honors all military veterans, including the living.

Meals on Wheels joins our nation in recognizing and honoring our veterans. Meals on Wheels of Fairfield County proudly serves 372 veterans and their dependents.

Meals on Wheels

Will be **CLOSED**

Nov. 22ND & Nov. 23rd

To observe the national holiday of

Thanksgiving

2018 BOARD OF TRUSTEES EXECUTIVE COMMITTEE

President – **Luann Snyder** - Attorney, Investment & Trusts, Fairfield National Bank
Vice President – **Howard Sniderman** – Retired Healthcare Administrator
Secretary – **Corey Clark** – Chief Deputy Director at Job & Family Services
Treasurer – **Karen Sanner** – Retired, Bloom Carroll Local Schools
Past President – **Mark Bohach** - WLOH Owner

BOARD OF TRUSTEES

Bryce Burton – Attorney at Burton Law & Columbus Firefighter
Dale Dixon – Principal, Wichert Insurance
Margie Donnell – Operations & Event Manager-Lancaster-Fairfield Chamber of Commerce
Helen Harding – Chief Nursing Officer at Fairfield Medical Center
Ben Hill – CPA with McLain, Hill, Rugg, and Associates
Christa Moody – Event Coordinator/Bookkeeping; Fairfield Federal Savings & Loan
Donna Fox-Moore – Executive Director Family, Adult & Children First Council
Scott Mueller – Vice President, Owner Fairfield Heating & Cooling
Jeff Wagner – Estimator, Kumler Collision
Lara Wright – LSW, Case manager, Fairfield Medical Center

MOW-OAAFC KEY STAFF

Executive Director – Anna Tobin	Director of Operations – Cindy Wells
Director of Administrative Services – Sarah Arledge	Director of Aging Services – Linda McDonald
Nutrition Services Manager – Amber Goines	Kitchen Production Coord. – Tina Dickey
Assistant Kitchen Coord. /Cook – Julia Briggs	Fiscal Manager – Amber Locke
Aging Services Manager – Amber Throckmorton	Lifeline Coordinator – Brian Roby
Receptionist – Teresa Vannatter	Chair Volleyball Coord. – Penny Goodlive
Administrative Assistant – Julianna Kincaid	Care Coords – Kathy Robbins & Joe Rogers
City HDM/Vol Coordinator. – Rebecca Pessel	Outreach Coordinator – Chris Sulick
Nutrition Office Support – Jo Chaffins	



Bob spent years working in media printing and broadcasting for NBC that later merged with the Tampa Tribune. He traveled the world covering the news of tragedy and good fortune. Later in his career, he rose to management. However, as with everything in life, the position ended.

Since Bob's days of journalism, he has gotten to touch the hearts of many new people through delivering for a pharmacy, managing at Walmart, and now, having contact with Meals on Wheels clients.

Mid-May of this year, Bob started delivering for our agency. He supplies a hot meal and practices a watchful eye for our client's well-being every day.

Bob has two children: a 36-year-old daughter, Jessica; and a 32-year-old son, Joshua. When he's not spending time with his kids or delivering for Meals on Wheels, Bob hangs with his great-niece and nephew, fishes, bowls, and binge watches movies and television shows.

Bob's mild personality and reliability are an asset to the agency. Thanks for being a part of the team, Bob.

Written by: **Julianna Kincaid**

Nutrition Services

November 2018

As we all know, Old Man winter is around the corner. I hope by now everyone has received their “blizzard meals”. If you have not received your meals, please call me, **Amber Goines** at **740-681-5050**, and I will look into getting you one. Please remember that your “blizzard meals” are shelf stable and have a shelf life of 6-months. Please, keep these meals in the event we have to close for a power outage, inclement weather, etc. If you eat these meals before a closing, there will be no one here at Meals on Wheels to answer the phone or get food to you.

I want to thank all of you for being so understanding when the agency must close for emergencies. I know you value your drivers as much as we do, and we don't want them on the roads when there is a lot of snow and ice.

Many of you might not know that we close for Thanksgiving, November 22nd, 2018 and the day after November 23rd, 2018. You will receive Thanksgiving meals the week of November 12th, 2018. If you haven't received those meals by Nov 20th please call me. Again, these meals are shelf stable and should be put up for the 2 days we are closed. There will be no one in the building to answer the phone on these days as well.

Happy Thanksgiving!!

I hope everyone has a wonderful holiday!!

Amber Goines

Nutrition Division Manager

**Foods prepared and served by Meals on Wheels contain no added salt.
Ingredients are available by request for all foods prepared by Meals on Wheels.**



Have you ever looked at the front of your ketchup bottle, your can of coffee, or any other food package and noticed one of the symbols to the left? Go ahead; look in your frig. I'll wait.

The encircled “U” and “K” are called hechshers and mean that the product you are holding has been deemed kosher by the Organized Kashrus Laboratories or by the Orthodox Union.



You don't have to be Jewish to benefit from these stamps. What these symbols are saying is that the product you are about to consume doesn't contain milk nor meat. If one of these symbols has a “D” beside it, that means the product contains dairy. If there is an “M,” the product contains meat. If you see an “F,” you'll find fish within. If you see the word “pareve,” you'll know there is no meat nor dairy contained. If you have a dairy allergy or are on a special diet, these hechshers come in handy.

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.



Cranberry Sauce & Football

F F H O E W C O T A T O P T E E W S
 A A A F N C S G N I T E E R G G T R
 T M W E H P E N P E I A N D E N O S
 H I S A P A S I L P B A K E E M E R
 E L E S N O L E N G W L R R C M I E
 R Y O T E L V I N W O H A O A E N T
 L D T O O I K I G U O P N G S U R H
 O O A W S P S T N R D V E A S M J G
 O G T I M S B G T N E U E S E H T U
 T T O U E A E E A R N E M Z R C A A
 S N P R S D K R S P S T N E O U E L
 T U D T A C G A S M P W E B L O C O
 O A E R A E T P I B O L E K E C N L
 O R H J A I M E A I O T E A N A N S
 F T S C O R N O N R N T H P T A N U
 C R A N B E R R Y S A U C E I E L S
 H E M F O O T B A L L D T U R E R B
 D A U G H T E R R K E Y E K R U T Y

APPLE PIE
 AUNT
 BAKE
 BASTER
 BLANKET
 CASSEROLE
 CONVERSATION
 CORN
 COUCH
 CRANBERRY SAUCE

DAUGHTER
 DRESSING
 FAMILY DOG
 FATHER
 FEAST
 FOOT STOOL
 FOOTBALL
 GAMES
 GRANDPARENTS
 GREEN BEANS

GREETINGS
 JACKET
 LAUGHTER
 LOUNGE
 MASHED POTATOES
 MOTHER
 NEPHEW
 NIECE
 PARADE
 PILLOW

PUMPKIN PIE
 SNOOZE
 SON
 SWEATER
 SWEET POTATO
 TELEVISION
 TIMER
 TURKEY
 UNCLE
 WOODEN SPOON

November is National Family Caregivers Month

Theme: *Supercharge Your Caregiving!*

November is National Family Caregivers Month. This is a time to celebrate the contribution of those volunteers, friends, and family members who support a loved one with their health or managing a disability. Caregiving is often a 24-hour-a-day, seven-days-a-week job. Family caregivers face many challenges through the day.

Caregivers are superheroes. Managing medications. Getting to doctor appointments. Balancing work and home. How can family caregivers handle it all? Providing care around the clock can crowd out other important areas of life. Not all superheroes wear capes. You are rising to the demands and challenges of the caregiver role every day. Six out of 10 family caregivers work full or part-time in addition to juggling their caregiving responsibilities at home.

Caregivers, you are not alone. Meals on Wheels recognizes the challenges caregivers face when they're caring for their loved ones and offers a Caregiver Support Program designed to assist the caregiver with services including personal care, homemaking and respite care. Temporary services are available for those returning home after surgery or an illness. Long-term services are also available. Meals on Wheels drivers, staff, and volunteers are the "eyes and ears" for families by providing daily wellness and safety checks.

Nutrition is as important for caregivers as it is for their loved ones. Proper nutrition helps maintain strength, energy, stamina and a positive attitude. Meals on Wheels provides hot and/or frozen meals for both the client and caregiver. Meals are approved by a registered dietician to ensure proper nutrition.

Call the Aging Services Office at Meals on Wheels – Fairfield County to request services or for additional information, 740-681-5050.

Source: Caregiver Action Network

Is Your Home Equipped with Working Smoke Detectors?

Meals on Wheels of Fairfield County has partnered with the Lancaster Fire Department and American Red Cross to help keep older adults safe. Smoke detectors are being provided free of charge to Meals on Wheels clients as part of the National American Red Cross Home Fire Preparedness Campaign.

Decreased mobility, sight, hearing or cognitive capabilities may limit an older adult's ability to take the quick action necessary to escape during a fire emergency. Smoke detectors save lives by providing early warning of fire. It is important to check the batteries, test your smoke detector, and replace your smoke detectors every ten years.

To request smoke detectors for your home, call **Linda McDonald, Director of Aging Services, 740-681-5050**. Smoke detectors will be installed by Red Cross Volunteers, and the Lancaster Fire Department. Everyone will have identification. Clients requesting a smoke detector will be notified by phone of when to expect a person at their home to install the smoke detector.

November Commodity Supplemental Food Box Early Pick-Up

Due to the Thanksgiving Holiday, pick-up for Commodity Supplemental Food Boxes has been moved up one week.

Individuals with the last name beginning with **A- L** can pick up their box on **Wednesday, November 14** from **1:00pm to 3:00pm**. Individuals with the last name beginning with **M-Z** can pick up their food box on **Thursday, November 15** from **1:00pm to 3:00pm** in the parking lot at *Meals on Wheels, 253 Boving Road, Lancaster.*

Adults age 60 and older, living in Fairfield County, who meet income guidelines and complete an application, are eligible for the Commodity Supplemental Food Box Program at Meals on Wheels of Fairfield County. Commodity Boxes are available for pick up once a month at Meals on Wheels – Fairfield County. For additional information, or to request an application, call **Brian Roby, Commodity Box Coordinator** at **740-681-5050**.

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.

The Home Energy Assistance Program (HEAP) is a federally funded program administered by the *Ohio Department of Development, Office of Community Service (OCS)*. It is designed to help eligible low-income Ohioans meet the high costs of home heating. Applications are available at Meals on Wheels – Fairfield County. Call the **Aging Services Office** for more information **740-681-5050**.

MEALS ON WHEELS-OAAFC 1973 - 2018

Celebrating 45 years of Service to Fairfield County Seniors

Regular Meeting of the Board of Trustees – Nov. 15, 2018

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