



for older adults

Alternatives

January 2024

Vol. 20 No. 1

Meals on Wheels-Older Adult Alternatives of Fairfield County, Inc., 1515 Cedar Hill Road, Lancaster, OH 43130

Phone: 740-681-5050

Fax: 740-681-5046

Website: mowfc.org



Agency will be CLOSED 1/1/2024
Happy New Year

2024

Welcome to another wonderful year!



Dust of Snow

The way a crow
Shook down on me
The dust of snow
From a hemlock tree.

Has given my heart
A change of mood
And saved some part
Of a day I had rued.

~Robert Frost

Sponsor



9695 Basil Western Rd, Canal Winchester, OH 43110

Phone: (614) 829-6444

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Director of Aging Services – Linda McDonald	Director of Nutrition Services – Amber Goines
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Kitchen Production Coordinator – Melissa Holbrook	Community Educator/Activity Coord -Julianna Kincaid
Aging Services Office Manager – Amber Throckmorton	PERS & Commodity Coordinator – Brian Roby
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Route Support Manager — Rebecca Pessel	Volunteer Coordinator — Sumer Camp
Care Coordinators – Joyce McGinnis, Kelly McCord, Debbie Zwicker, and Jackie Watters	

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Martin Luther King Day

January 15, 2024



Introducing our New Brand Image

The agency has some exciting news to share for the New Year! We are updating our image to better express all we have to offer and you were a BIG part of our decision. The agency will transition to a co-brand that puts the name The Senior Hub in line with Meals on Wheels Fairfield County.

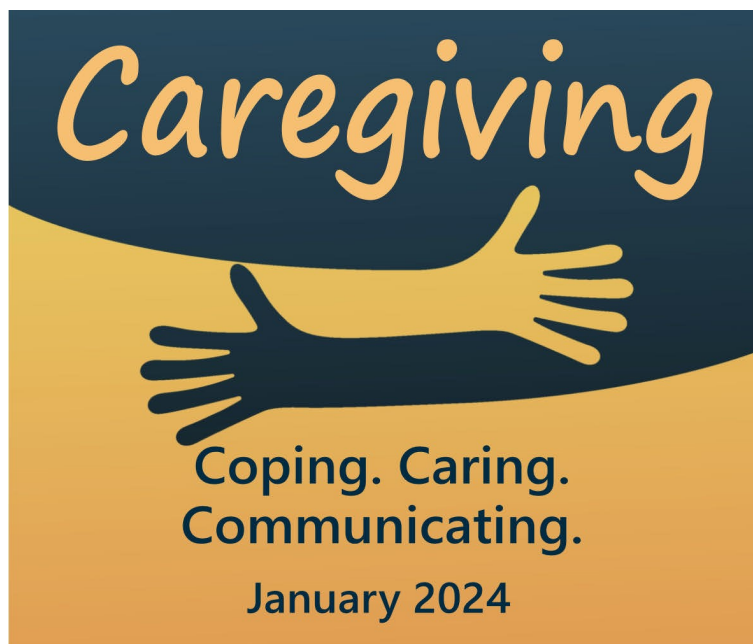
Here's the scoop. In conjunction with Krile Communication, we've been working hard to create a recognizable brand to highlight all we have to offer. Over the past year, we collected feedback from our community members, our colleagues, and from you, our clients. We are grateful for the honest and robust comments. Comments from all sectors of the community identified the Meals on Wheels name as very recognizable, but also commented that the name of our organization is limiting in scope. We heard you loud and clear.

While the agency will remain a Meals on Wheels provider and keep the name Meals on Wheels for our nutrition program, we will adopt a co-brand to help promote all the services available for older adults living in Fairfield County.

The Senior Hub gives us a platform to promote the 20+ services and resources we offer to ensure health, connection, and independence for older adults living in Fairfield County. Like the hub of a wheel, our agency is at the center of the senior support system in Fairfield County. We connect all of the spokes (services and people) that are at work in our community and keep things moving forward, in the same direction, towards independence and well-being for older adults. The Senior Hub is a great name for connecting this concept with the community.

We have lots to do to get this project off the ground, but over the course of the next year, we will begin to more fully utilize our new co-brand. Rest assured, our services, staff, location, phone number, and organization will stay just the same. The only difference is that our name will be enhanced through a co-branded marketing strategy.

Anna Tobin, Executive Director



Accepting Change in Life as a Caregiver and When Living with Dementia

Have you ever heard the quote, "The only constant in life is change" by Greek philosopher Heraclitus?

Everything in life is ever-changing, and this rings particularly true when dementia is involved. Depending on which one(s) of the 100+ types of dementia a person is living with, the progression can be gradual, step-by-step, or even sudden in the case of an acute life-changing event. Whether you're supporting a person living with Alzheimer, Frontotemporal, Lewy Body, or Vascular Dementia, change is inevitable. And the truth is - change is hard, and can impact your mental health.

Dr. Srimi Pillay, and assistant professor of Psychiatry at Harvard Medical School share, "When you change, it actually activates the conflict sensors in the brain and this causes brain chaos that is called cognitive dissonance. This activation of the conflict sensor becomes stressful to people.

So what can you do to help reduce these stressors, and make it more likely to accept the changes so that you can move forward under the new set of conditions?

Here are some ideas to help ease feeling of distress during times of change.

- **Redirect uncertainty** - Use neutral self-talk phrases. As an example, telling yourself a phrase like, "Uncertainty simply means I don't know the future, but that doesn't mean the future is bad", can help you calm your nerves a bit.

Another way to fight stress caused by uncertainty is to draft a plan. Organizing your thoughts with pen and paper can help ease tense nerves, as it helps unload your brain of some of its constantly swirling thoughts.

But, as with anything related to dementia, be sure to remind yourself that this plan is flexible. Try to go with

the flow as much as possible.

- **Be conscious and mindful of your actions** - Acknowledge the way you feel and express it, so you make room for a little more positivity. Becoming aware and conscious of the effects your own actions have on you allows you to guide your behaviors toward a more positive trajectory. As an example, as you engage in the manual tasks of getting ready in the morning, do you spend that time dwelling on the negatives of the situation? What would happen if instead you turned on some upbeat music, and maybe even dared to dance along with it a little? Exercise in small doses, can act as a serious mood-booster.

By putting yourself into a more positive frame of mind, not only are you calming yourself, but you're also opening the door to seeing things from a more positive perspective.

- **Focus on gratitude** - While it may not be immediately obvious during challenging times, most of us still have things to be thankful for, and recognizing and acknowledging these can have a significant positive impact on our lives.

- **Enjoy the present moment, the now** - Do you often find yourself ruminating about the past, or worrying about the future? While these are common thought patterns, can you still change the past? Likely, you answered no. And, while you can plan and try to prepare for the future, life has its way of throwing in the unexpected. Endlessly worrying about what's ahead has a good chance of robbing you of the joys of the present moment.

It is very common for dementia care partners to experience anticipatory grief, feelings of anxiety over the future loss of abilities or the person as a whole. Yet, worrying about what may one day be, can cloud your vision of what is today.

Most importantly give yourself time. Don't be hard on yourself if accepting this change takes longer than you may like.

Source: Valerie Feurich - Teepah Snow - Positive Approach to Care



Providing Services for Older Adults and Their Caregivers
You have options - you choose the services that best fit your needs.

- Caregiver Support Program to help ease some of the stress caregivers face every day.
- Respite Care, Personal Care and Homemaking
- Medical Transportation
- Personal Emergency Response Systems
- Adaptive equipment such as shower chairs, and transfer benches.

To begin receiving services, call the **Aging Services Office at 740-681-5050.**

How to Get Someone with Dementia to Take Their Medication

Getting someone with Alzheimer's disease to take their medicine can be an ongoing challenge for many caregivers. Refusing to take medication could be a response to being confused or feeling afraid of what they're being asked to do. Your older adult might also feel like they don't have any control over their life, which could make them generally angry or resistant.

- **Start with a calm environment.** Make sure there aren't any loud sounds like TV or commotion like lots of people around. You could also try playing soft, soothing music. Before you start, take some deep breaths and do your best to stay calm throughout the process. If you're agitated, frustrated, or angry, it's likely they'll be able to sense it and that can cause them to become agitated and less likely to cooperate.

- **Be alert to side effects or illness that make them feel sick or uncomfortable.** Someone might refuse to take their medicine if it makes them feel sick, uncomfortable, or if they have an illness. Many medications cause unpleasant side effects like nausea, stomach aches, agitation, or dizziness and your older adult might not be able to tell you that there's a problem.

- **Make pills easier to take.** Some pills could be too large and hard to swallow. Talk with your older adult's doctor or pharmacist to see if any of their medications could be changed to a liquid formula or if you could crush the pills and add them to applesauce, yogurt, or food. Make sure to ask before crushing any pills because not all pills are crushable. Some can become less effective or even unsafe.

- **Use short sentences and don't explain or reason.** Don't get into a conversation about why they need the medication or explain why it's important that they need to take their pills. Reasoning with someone with dementia simply doesn't work. Instead use short, direct sentences.

- **Look for things that trigger distress.** Sometimes other things about taking medication can upset someone with Alzheimer's or dementia.

For example, they could feel distressed when they see a lot of pill bottles. In that situation, you could keep their medication bottles out of sight and only bring out the pills they need to take at that moment.

Similarly, if seeing all the pill they need to take makes them anxious, you could give them only one pill at a time and keep the rest out of sight.

- **Find the right time of day.** People with dementia often have "good" and "bad" times of day. Trying to give medicine during one of their bad times isn't likely to work. For example, if your older adult typically gets sun-downing symptoms, avoid giving medication in the late afternoon or evening unless the doctor absolutely requires it for an important medical reason.

Think about the times of day when they're in the best moods and adjust their medication schedule to meet those times. Of course, before making any changes to their medication schedule, talk with their doctor to make sure the new schedule you'd like to use is safe and won't cause any problems.

- **Stick to a daily routine.** A daily routine can do wonders for someone with dementia. With a regular schedule for taking medication, your older adult will likely get used to it and become more cooperative over time. Give them their pills at the same time every day. Do it in the same place, like when they're relaxing in their favorite chair, and use the same cup for water.

Source: DailyCaring.com

Opportunity for Caregivers to Share and Learn

presented by the



Central Ohio Chapter

Wednesday, January 10

2:00-3:00pm

Fairfield County Alzheimer's Caregiver Support Group

Held in Meals on Wheels' Library

The goal is to provide a consistent and caring place for caregivers to learn, share and gain emotional support from others who are also on the unique journey of caring for someone living with Alzheimer's disease or another dementia.

To register, please call Linda at
Meals on Wheels of Fairfield County
740-681-5050, ext. 119

Walk-In Hours at Meals on Wheels

Have your questions about caring for a loved one with Alzheimer's answered by

Lindsay Blackburn

Alzheimer's Association - Central Ohio Chapter

2024 Hours Begin in February 2024!

Watch for details!

Ways to Help Stay Warm In the Winter

From ExpertHomeTips.com

1. Prewarm your clothes

Jumping out of bed into the cold bedroom air during Winter can be pretty painful. Make getting dressed a welcome relief—not a punishment—by prewarming your clothes before you put them on.

The best way to do this is by tossing them in the dryer for a few minutes. Putting them on will feel just like you're getting back in bed again!

2. Fleece Leggings

If you don't like the sound of thermals, fleece-lined leggings are the next best things. They're also the ultimate winter tights, so wear them under your pants or if you really must wear skirts during the winter, a pair should be your go-to cold-leg solution.

3. Hand warmers

This is a great tip for keeping warm! Hand warmers are surprisingly good at giving you an added bit of comfort and warmth on those wintry nights and days while out and about or your hands are always icy.

4. Keep moving

This may seem obvious, but one of the quickest ways to warm up and also stay warm is to keep moving.

5. Keep hydrated

January 31st is National Hot Chocolate Day

When it's cold outside, staying cozy by the fire with a mug of hot chocolate between our hands is one of our favorite winter traditions. And, let's be real—when all you need is a little snuggle and warmth, this drink warms your whole body and tastes luxurious too.!

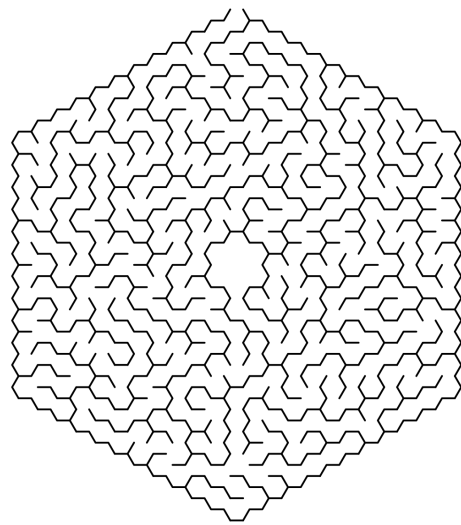
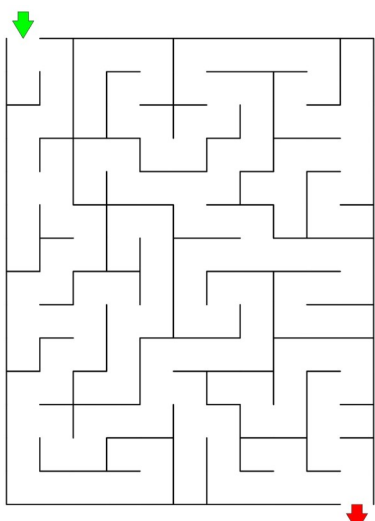
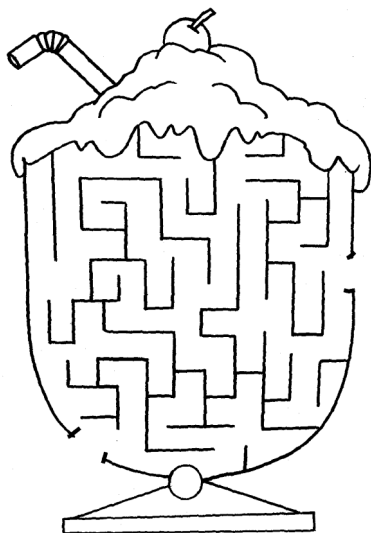
It's Good For You

Chocolate contains many vitamins, minerals, antioxidants, and biochemical compounds—all of which help give our body a satisfying health boost. Hot chocolate even increases the microcirculation in your skin. Who knew a hot chocolate obsession could be so good for our health?

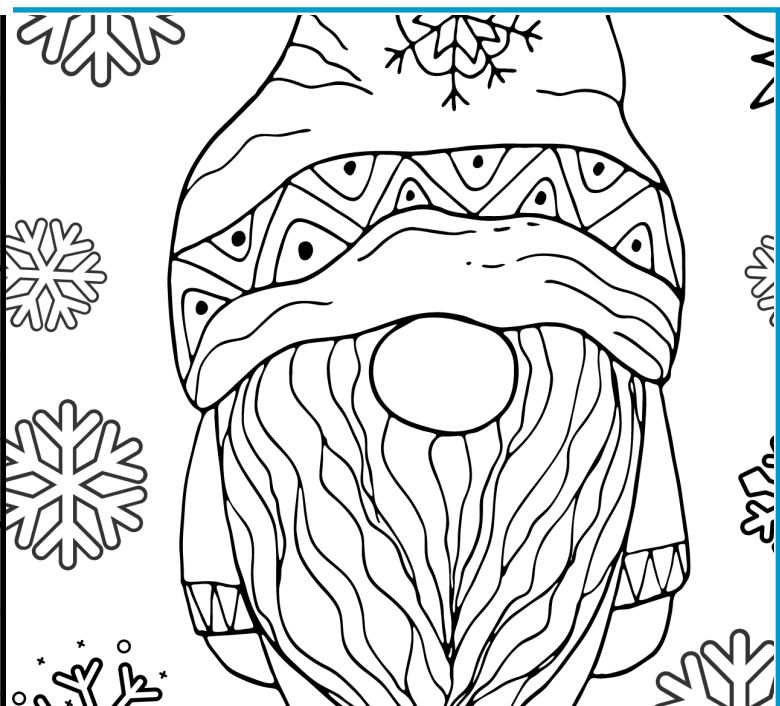
It Boosts Your Mood

When we drink hot chocolate, its chemical compounds signal the brain to release endorphins and serotonin, which elicit our feelings of calmness. These neurotransmitters work to reduce pain and stress, keeping us worry-free and happy! Hot Chocolate is clearly happiness in a cup

~National Today



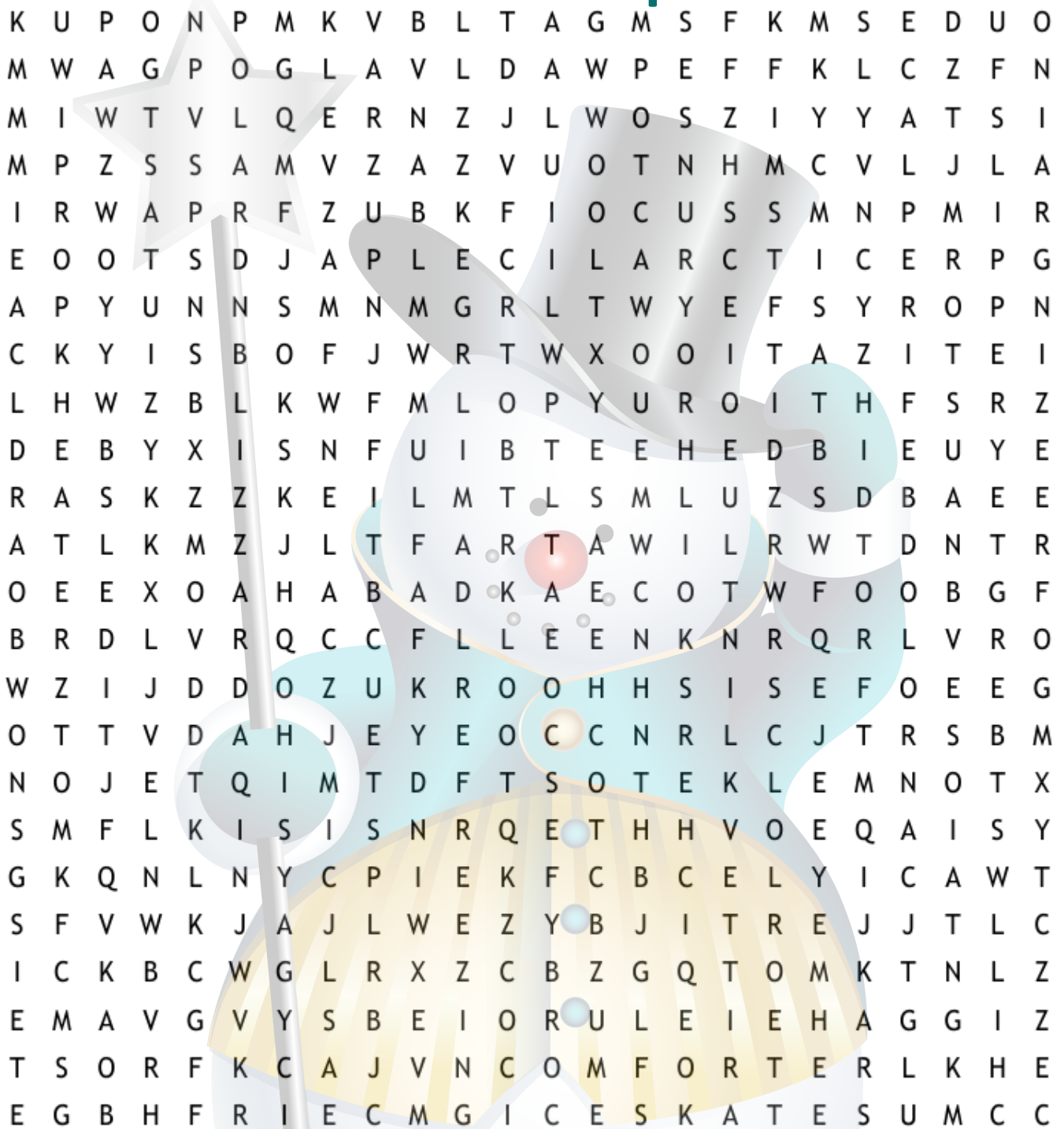
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Bundle Up!!!



Wool
Storm
Sled
Jack Frost
Heater
Freezing
coat
Below Zero

Wood Stove
Snowstorm
Ski
Jacket
Heat
Fireplace
Chill
Arctic

Wintertime
Snowflake
Scarf
Icy
Frost
Fire
Blizzard

Windy
Snowboard
Polar
Ice Skates
Frosty
earmuffs
Blanket

Wind
Snow
Mittens
Ice
Frostbite
Comforter
Black Ice

Thermal
Slippery
Melt
Hot Chocolate
Freezing Rain
cold
Bitter Cold

Hidden Pictures®

First Day of Winter

By Ellen Appleby

Can you find these
Hidden Pictures®



whale



canoe



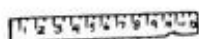
envelope



baseball bat



safety pin



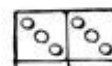
ruler



rabbit



screwdriver



domino



pliers



crown



candy cane



heart



clamshell



butterfly



banana



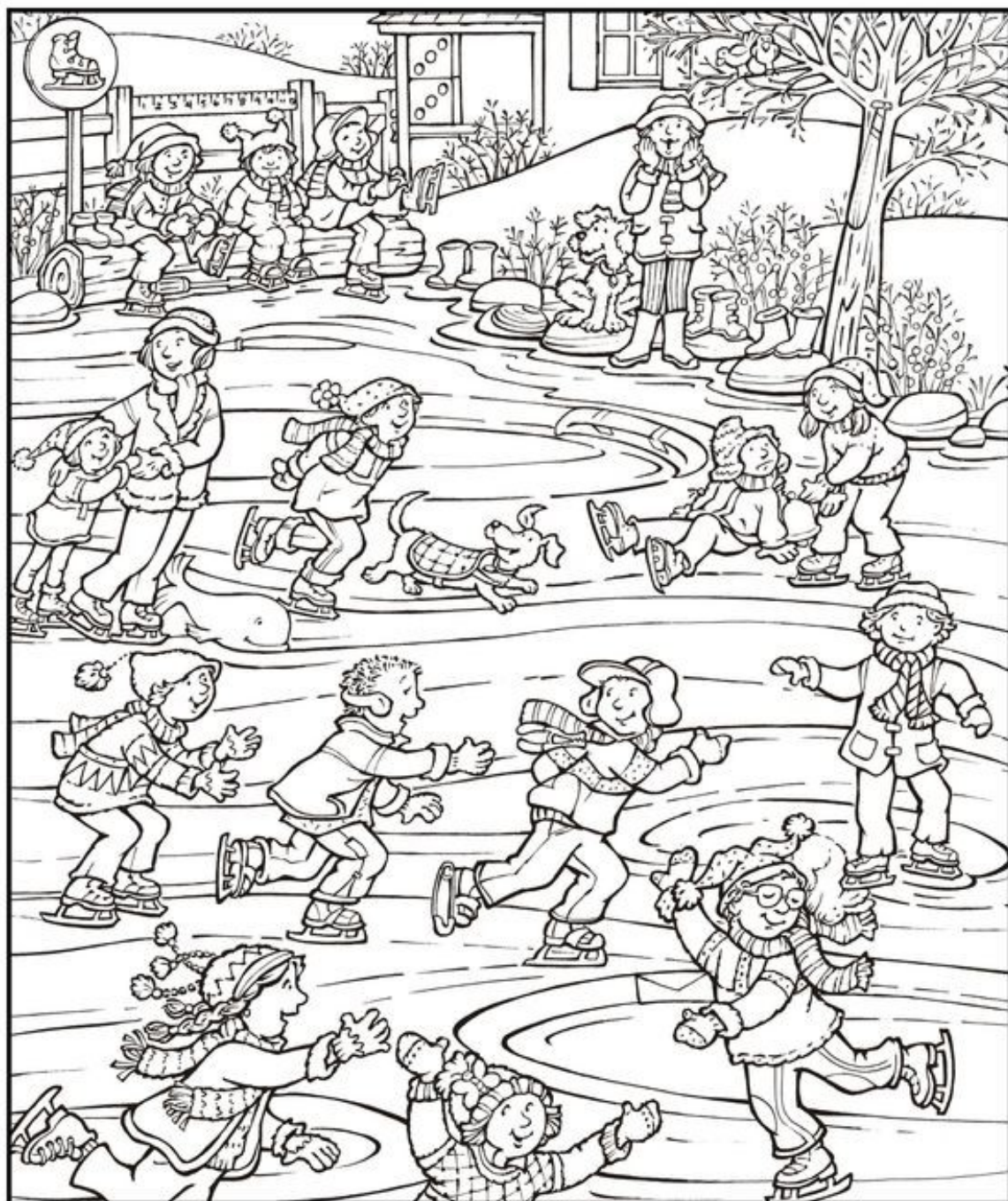
artist's brush



bell



tube of toothpaste



In this big picture, find the whale, canoe, envelope, baseball bat, ruler, rabbit, safety pin, domino, candy cane, crown, heart, clamshell, butterfly, artist's brush, banana, bell, tube of toothpaste, screwdriver, and pliers.

National Popcorn Day is January 19th

With the delicious scent of just-popped kernels filling the air, we happily celebrate National Popcorn Day on January 19th every year.

This fun event honors popcorn, one of the most popular snacks in the world. Popcorn has a way of bringing flavor to all kinds of occasions, from festive get-togethers to classic movie evenings.

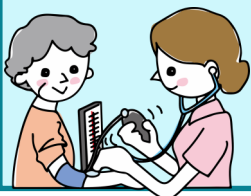
Enjoy the crunchy, buttery goodness as we all celebrate this day in honor of popcorn, a straightforward yet classic snack that has



Free!!

Blood Pressure Screenings

10:00a.m. - 1:00p.m.
December 8 &
December 22



Every Friday!!!

At Meals on Wheels

10:15 a.m. - 11:15 a.m.
(Sorry, no Bingo on the 29th. The agency will be closed for Inventory)



January Commodity Box Pick-Up

- Last name beginning with **A-J**
- Last name beginning with **K-Z**

Wed., Jan. 17 1-3:00pm
Thurs., Jan. 18 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



Celebrating 50 years of Service to Fairfield County Seniors

Regular Meeting of the Board of Trustees—January 25, 2024

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