



for older adults

# Alternatives



March 2024 Vol. 20 No. 3

1515 Cedar Hill Road, Lancaster, OH 43130

Phone: 740-681-5050 Fax: 740-681-5046

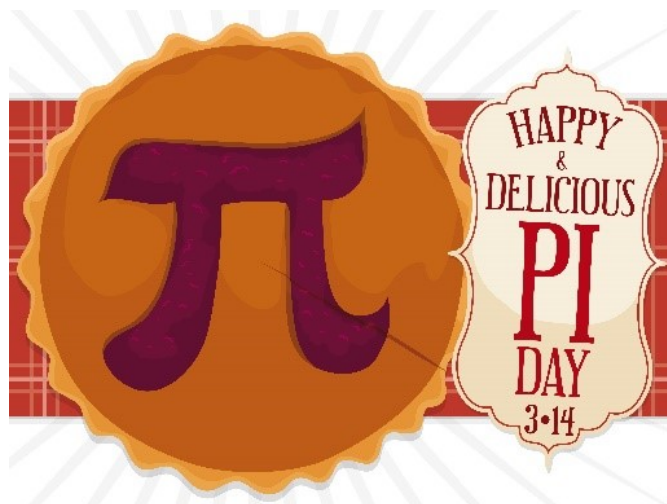
On March 22, 1972, President Richard amended the Older Americans Act of 1965 and established a national nutrition program for seniors 60 years and older. For decades, these critical programs – commonly referred to as Meals on Wheels – have delivered more than just nutritious meals to homebound seniors in virtually every community across the country. And, the dedicated staff and volunteers who deliver these meals each week provide a vital lifeline and connection to the community, which are sometimes all it takes to keep our senior neighbors at home, where they want to be. Meals on Wheels programs have come together each March since 2002 to celebrate this proven collaboration of local community organizations, businesses, all levels of government and compassionate individuals to ensure that our seniors are not forgotten. By volunteering, donating or speaking out, we can ensure seniors can live healthy, happy and independent lives at home, where they want to be.

Our agency will be reaching out to our community to join in for Community Champion's Week during March 18-22. This is an opportunity for our community to learn more about the important and necessary work we do each and every day in caring for over 2,800 older adults living in all areas of Fairfield County. You may see some of these volunteers delivering meals or working at the agency during that time.

Also during the month of March, we will be holding a 300 club raffle and a pie day fundraiser to raise funds while also raising awareness to support our work. If you would like to participate, ask your driver or visit us online at [www.mowfc.org](http://www.mowfc.org).



MARCH  
FOR  
MEALS  
WITH  
MEALS on WHEELS™



# 2024 BOARD OF TRUSTEES

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## BOARD OF TRUSTEES

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Executive Director – <b>Anna Tobin</b>	Director of Administrative Services
– <b>Sarah Arledge</b>	Director of Aging Services – <b>Linda McDonald</b>
Nutrition Services – <b>Amber Goines</b>	Director of Nutrition Services Manager – <b>Tina Dickey</b>
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Kitchen Production Coordinator – <b>Melissa Holbrook</b>	Community Educator/Activity
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<b>Amber Throckmorton</b>	
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Route Support Manager – <b>Rebecca Pessel</b>	Vol./Trans. Coordinator - <b>Linda Swartz</b>
Care Coordinators – <b>Joyce McGinnis, Kelly McCord, Debbie Zwicker, and Jackie Watters</b>	

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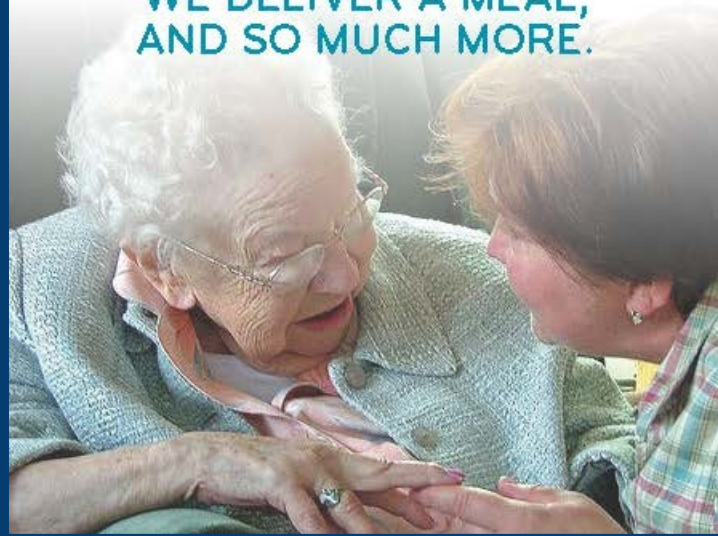
**Meals on Wheels of Fairfield County has a new name that better reflects who we are as an organization!**

As the center of the senior support system in Fairfield County, The Senior Hub connects all of the services and people working in our community to support independence and well-being for older adults.

While providing nourishing meals and connection will always be at the core of our work, The Senior Hub also provides more than 20 unique services and resources for local seniors and their caregivers. If there is a need, we can address it, or connect you with an organization that can.

Rest assured, the only thing that's changing is how we refer to ourselves.

**WE DELIVER A MEAL,  
AND SO MUCH MORE.**



**Happy Easter**



## **Nutrition Services**

- Home delivered meals
- Congregate meal sites across the county
- Nutritional supplements
- Nutritional counseling
- Supplemental food program

## **Aging Services**

Specialized programs designed to support our clients' personal, health, and financial needs. Programs include:

- Comprehensive assessment
- Supportive Services
- Minor home modification and maintenance
- Caregiver Support, including respite care
- In-home services (personal care/homemaking)
- Emergency Response Systems
- Adaptive equipment
- Transportation
- Payee services
- Medicare counseling
- Health and Wellness programs and education
- Tele-friend and Friendly Visitor
- And so much more...

### **QUESTIONS?**

Feel free to contact us or talk to your delivery driver.

1515 Cedar Hill Road, Lancaster, OH 43130

Phone: 740-681-5050

Email: [mowfc@mowfc.org](mailto:mowfc@mowfc.org)

[www.mowfc.org](http://www.mowfc.org)

# Nutrition Services

**MARCH 2024**

Spring is right around the corner which means we will all be getting out of the house more. With that in mind, I want to remind you to please call to cancel your meal by 9:00am if you are unable to be home during delivery time. All you have to do is call 740-681-5050 and press the number one. If needed, you can call 2 days in advance to arrange for us to deliver a frozen meal the day before your absence.

Our drivers are unable to leave a meal in a cooler for you in the event you are not home to receive your meal, they must make visual or verbal contact with you to leave a meal. We want to deliver you a hot, safe meal and make sure you are safe as well.

**Happy St. Patrick's Day!**

Amber Goines CDM, CFPP

Director of Nutrition Services.



# **HAPPY EASTER!**

## **March 31st**



5	3			7				
6			1	9	5			
	9	8					6	
8				6				3
4			8		3			1
7				2				6
	6					2	8	
			4	1	9			5
				8			7	9



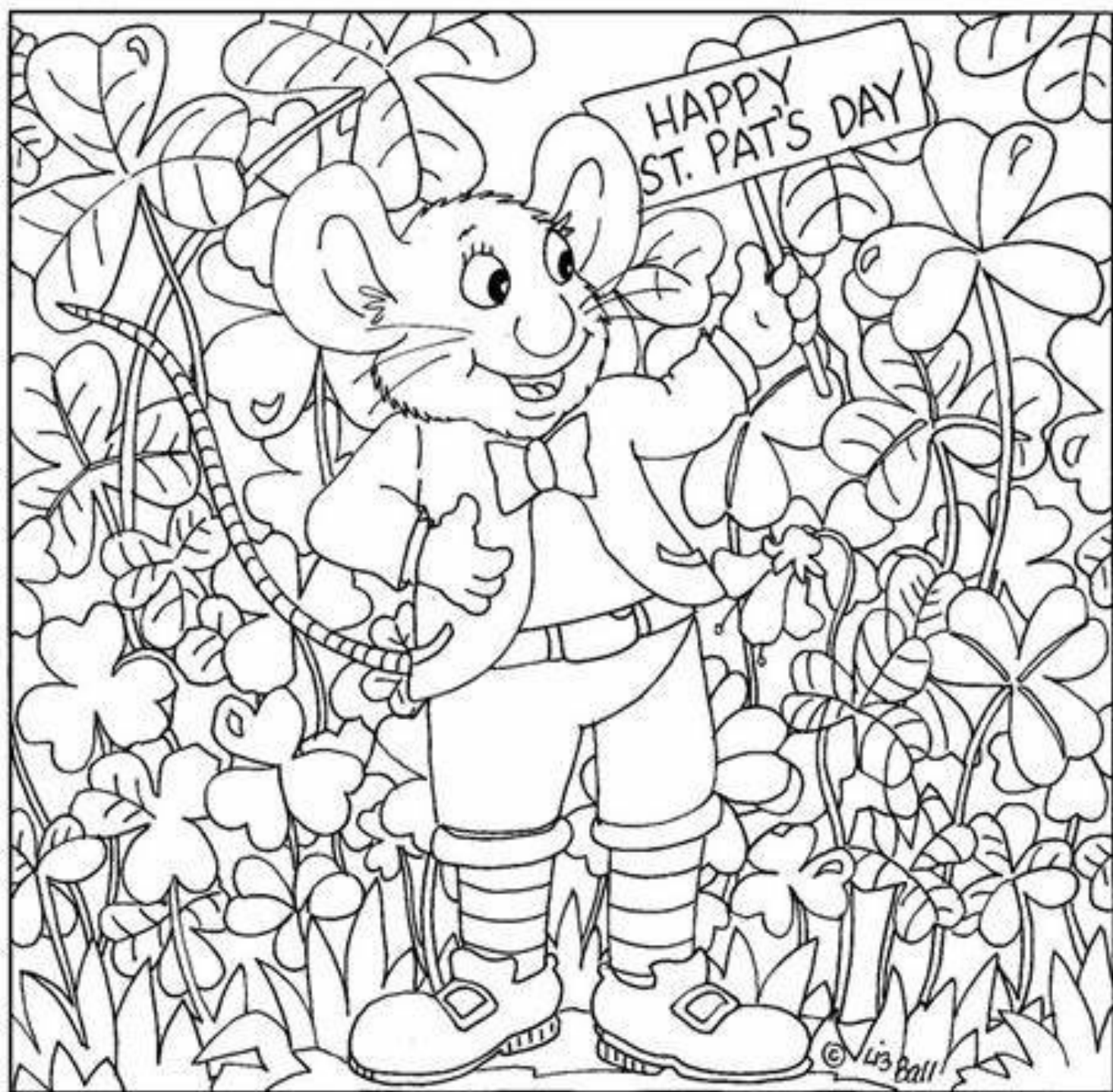


Congregate Site  
**FUN**




Hunterwood Dining Site decorated Valentine trees last month to celebrate the holiday. Congregate dining sites are fun places for seniors to join for a good meal, to socialize, and perhaps make new friends. Call today to learn about the congregate dining programs throughout Fairfield County.  
Call Sarah at 740-681-5050 x 105





www.hiddenpicturepuzzles.com





# SilverSneakers®

The Silver Sneakers program offered at our senior services center is open to older adults age 60 or older, living in Fairfield County. In fact, all recreational and educational activities offered through the agency are available to older adults living in Fairfield County.

We know that exercise is important for all age groups, including older adults. Making sure that you stay physically active can help to maintain mobility and physical function, lift your mood, and make performing your day-to-day activities easier. SilverSneakers is a health and fitness program that provides gym access and fitness classes for older adults. It's covered by some Medicare plans.

Meals on Wheels will be offering the program at Meals on Wheels, 1515 Cedar Hill Road, Lancaster. The class will be offered Monday and Wednesday 10:15am-11:15am. Meals on Wheels is partnering with the local YMCA to provide instructors for this class.

Call the Aging Services Department 740-681-5050 x 121  
with your questions or to sign up.

**A one-time registration is required and will take a few minutes of your time.** Once you become a member, you may attend all activities offered by the agency and you may eat in the dining room.

## 740-681-5050



IN LIKE A  
**LION**  
OUT LIKE A  
*Lamb*







## Dementia Can Cause Hallucinations

Dementia causes changes in the brain that may cause someone to hallucinate - see, hear, feel, or taste something that isn't there. Their brain is distorting or misinterpreting the senses. And, even if it's not real, the hallucination is very real to the person experiencing it.

For example, if your loved one is seeing bugs crawling on the floor, nothing you say will convince them that the bugs don't exist. Their brain is saying that the bugs are real. Some hallucinations can be scary, but others might involve visions of ordinary people, situations, or objects from the past. Some may even be pleasant or happy.

These dementia hallucinations usually happen in the middle or late stages and are more common in Lewy Body and Parkinson's dementia. But, they can also happen in Alzheimer's disease and other types of dementia.

With any hallucination, what's most important is to validate your older adult's experience, respond to their feelings, and keep them safe.

- **Determine if a response is needed** - The first step is to determine whether the hallucination is bothering your loved one. If the hallucination is upsetting them or causing them to do something unsafe, then it's time to quickly step in to provide comfort or redirect to a safe activity.

- **Stay calm and don't argue or try to convince using logic** - When someone is having a dementia hallucination, it's important to stay calm and avoid contradicting them. What they're seeing is a dementia symptom and is very real to them.

Trying to explain that it isn't real simply won't work because of the damage that dementia has caused in their brain. In fact, knowing that you don't believe them might make them even more upset and agitated. If they're calm

enough to explain, it may also help to understand what they're seeing. Listen carefully and try to pick up clues to what they're seeing.

But, keep in mind that dementia damage in the brain may affect their ability to use the correct words. For example, they could unintentionally say cabbages when they mean green cushions.

- **Validate their feelings and provide reassurance** - Be careful not to dismiss your older adult's experience. Brushing off what they're seeing by saying something like, "Don't be silly there's nothing there," is likely to upset them. It helps to allow them to talk about what they're seeing. Having you take them seriously and provide reassurance increases their feeling of safety and security.

Focus on being kind and responding to their feelings rather than to the hallucination itself. You don't need to pretend that you can see or hear what they can, just be supportive and do what you can to relieve any fear or anxiety as if it was a real threat. For example, you could say, "I don't hear or see anyone outside the window, but you seem worried. What can I do to help you feel safe?"

- **Check the environment and remove possible triggers** - Oftentimes, dementia hallucinations can be triggered by things going on around your loved one. Their dementia brain can interpret sights and sounds differently, causing hallucinations. To remove possible triggers, check their environment for background noise or visual stimulation that could cause a problem. (continued on next page)

## TRUALTA

### Free Online Resource for Caregivers

Overwhelmed by Learning How to Be A Caregiver? Improve your confidence, reduce stress, and prevent burnout.

[coaaa.trualta.com](https://coaaa.trualta.com)

- On-demand videos with practical advice
- Toolkits for quick, hands on learning
- 500+ articles from caregiving experts

A variety of topics

- Communication changes
- Behavior management
- Transition from hospital to home
- Mobility and fall prevention
- Documents and decision-making

TRUALTA can help you on your caregiving journey. Sign up for free today! [coaaa.trualta.com](https://coaaa.trualta.com)

For additional information, call the Central Ohio Area Agency on Aging (COAAA) 614-645-7705.



## Learn Ways to Stop Judging Yourself as A Caregiver

Caregivers sometimes judge themselves unfairly and focus on the few mistakes you've made rather than on all the good they've done. What you're doing deserves praise, especially from yourself.

The first step in treating yourself more kindly is to notice when you're talking to yourself negatively about caregiving. For example, you might think, "I snapped at Mom again today. I can't even be patient for 5 minutes. I'm the worst daughter in the world." or "Ugh! I forgot to buy more of Dad's oatmeal. I'm so stupid!"

Even though you're noticing when these thoughts happen, it's important not to beat yourself up just for having them. Too often, these thoughts automatically fly through our brains and we hardly notice how harshly we speak to ourselves.

- **Avoid comparing yourself with others** - comparing yourself to other people only makes you feel bad. On top of that, you're usually comparing your worst moments with their best moments - the ones they openly share with

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(Dementia Can Cause Hallucinations continued)

- **Offer simple answers and reassurances** - When someone is having a dementia hallucination, don't give long explanations about what's happening. Trying to process what you're saying may add to their distress. Instead, respond in a calm, supportive way.

Gently hugging them or patting their arm or shoulder may also provide the comfort and reassurance they need if they're scared or stressed.

- **Look for patterns** - If hallucinations happen frequently, there could be a trigger that's not obvious. One way to figure out what could be causing the behavior is to track activities and try to find a pattern. Or, it could be something as simple as a change in daily routines that's making them feel confused or disoriented and causing hallucinations.

- **Distract and redirect** - Distract your loved one from their hallucination. Try to switch their focus to an activity they enjoy. You could ask them to help you with a chore that makes them feel successful, look at favorite family photos, sing their favorite song, eat a tasty snack, or take a pleasant stroll to look at the view.

If they're hearing voices, try chatting with them. It's harder to hear those voices if you're now having a conversation with them. Or, if they're seeing someone or something, get to eye level and try to make eye contact with them. If they're occupied with looking at you, it could make the hallucination less intense or even fade away.

Source: Connie Chow, Founder at DailyCaring.com

others. Instead, focus on what you're doing right.

- **Look at the big picture** - So what if the house is messy? Who cares if Mom wears PJs all day when she's at home? Does beating yourself up about these details help the situation? Do these things really matter?

Instead of automatically criticizing yourself for not living up to some societal ideal, think about what you truly value.

The house might not be spotless, but maybe it's because you choose to spend quality time chatting and listening to music with Dad to keep him engaged.

Or, maybe it's worth it to pick your battles with your loved one who has dementia and keep things peaceful whenever possible - by letting the unimportant things go (assuming the situation is not dangerous).

Source: DailyCaring.com



**Central Ohio Chapter**

**Fairfield County**

**Alzheimer's  
Caregiver Support Group**

**Held in Meals on Wheels' Library**

**1515 Cedar Hill Road • Lancaster**

**Wednesday, March 13**

**2:00-3:00pm**

Share, learn and gain emotional support from others who are also on the unique journey of caring for a loved one living with Alzheimer's disease or other forms of dementia.

To register, please call Linda at  
Meals on Wheels of Fairfield County

**740-681-5050, ext. 119**

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**Walk-In Hours at Meals on Wheels**

**Wednesday, March 20 • 10am -12pm**

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

**Lindsay Blackburn**

Alzheimer's Association - Central Ohio Chapter

Linda McDonald, Director of Aging Services, Meals on Wheels of Fairfield County



# MARCH

The month of March is named for the Roman god of war, Mars. This was the time of year to resume military campaigns that had been interrupted by winter.

## Why Do We Celebrate St. Patrick's Day?

Who was the real St. Patrick? Why are shamrocks a symbol of this day? Enjoy St.

Patrick's Day history, legends, and lore. St. Patrick's Day is celebrated on March 17.

Although the holiday originally started as a Christian feast day celebrating the life of St. Patrick and the spreading of Christianity to Ireland, today, it is a day of revelry and celebration of all things Irish. Don't forget to wear green!

St. Patrick's Day is officially observed on March 17 each year, though celebrations may not be limited to this date. The significance of March 17 is that it's said to be the date of St. Patrick's death in the late 5th century (circa A.D. 493).



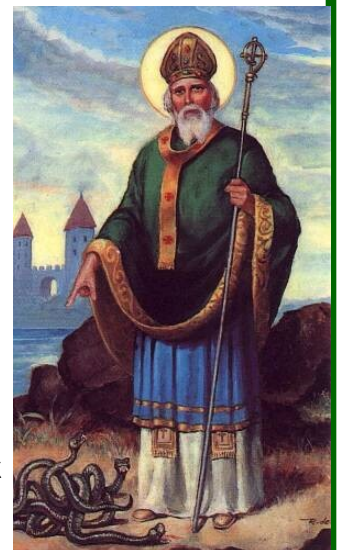
## Who was St. Patrick?

### Was he a real person?

Saint Patrick is the patron saint and national spreading Christianity throughout Ireland-hence the Christian celebration of his life and name. However, there are many legends about him that mix with the truth. Did he play a large Role in spreading Christianity to Ireland? Yes, absolutely. Did he really drive all the snakes out of Ireland? Probably not, since snakes weren't native to Ireland to begin with! In any case, St. Patrick's impact was significant enough to warrant out modern-day celebrations.

### A Young St. Patrick Finds God

The man who would eventually become St. Patrick was born in Britian (part of the Roman Empire at the time) as Maewyn Succat in the late 4th century. His family was Christian, but it's said that Maewyn himself was an atheist throughout his childhood. That would change at age 16 (around A.D. 400), when Maewyn was kidnapped from his home on the west coast of Britian by Irish pirates, who proceeded to carry him off to Ireland and force him to work as a shepherd herding sheep. After six years, he escaped his captors, walking nearly 200 miles through the Irish landscape and convincing a ship to carry





# MARCH



## St. Patrick Spreads the Gospel

Upon returning home, Maewyn received his call (in a dream) to preach the Gospel—in Ireland, of all places! He spent the next 15 or so years in a monastery in Britain, preparing for his missionary work. When he became a priest, his name was changed to Patricius, and he returned to the land of his captors to begin his teachings. Although some Christians already lived in Ireland at the time, the country was largely pagan, so spreading the a foreign religion was not an easy task. Patricius traveled from village to village to share the teachings of the Lord and was successful enough to eventually found many churches there.

### Why is the Shamrock Associated with St. Patrick's Day

People wear a shamrock on St. Patrick's Day because, the legend says, St. Patrick used its three leaves to explain the Holy Trinity in his teachings. (The Trinity is the Father, the Son, and the Spirit as the three divine persons who are one divine being {God}). The truth of the St. Patrick legend, however, is in question, as there is no direct record that the saint actually used the Shamrock as a teaching tool.

**Note:** The symbol of St. Patrick is a three-leaf shamrock, not a four leaf clover. However, long before the shamrock became associated with St. Patrick's Day, the four-leaf clover was regarded by ancient Celts as a charm against evil spirits. In the early 1900s, O. H. Benson, an Iowa school superintendent, came up with the idea of using a clover as the emblem for a newly founded agricultural club for children in his area. In 1911, the four-leaf clover was chosen as the emblem for the national club program, later named 4-H.

### More St. Patrick's Day Facts, Fun, and Folklore

Blue was the color originally associated with St. Patrick, but green is now favored.

The first St. Patrick's Day parade in the American colonies was held in New York City on March 17, 1762.

St. Patrick's Day is the traditional day for planting peas, even in the snow!

Cabbage seeds are often planted on St. Patrick's Day, too, and old time farmers believed that to make them grow well, you needed to plant them while wearing your nightclothes!



# Word Search



See how many of these newspaper related words you can find in the puzzle.  
The words can be forward, backward or diagonal.

Created by Sue Lindahl  
Grand Forks Herald 2012

- |            |             |           |                |
|------------|-------------|-----------|----------------|
| 1. HOLIDAY | 5. GREEN    | 9. CLOVER | 13. LEPRECHAUN |
| 2. SAINT   | 6. SHAMROCK | 10. LUCK  | 14. RAINBOW    |
| 3. PATRICK | 7. FOUR     | 11. POT   | 15. MARCH      |
| 4. IRISH   | 8. LEAF     | 12. GOLD  | 16. SEVENTEEN  |



## The Senior Hub - Your Meals on Wheels Provider Celebrates National Consumer Protection Week March 3-9, 2024

National Consumer Protection Week (NCPW) is a time when government agencies, consumer protection groups, and organizations like Meals on Wheels work together to share information about consumer rights and help people learn to spot, report, and avoid scams.

As part of this initiative on March 3-9, The Senior Hub, 1515 Cedar Hill Road, Lancaster, will have a display table with information about protecting yourself from identity theft, fraud and scams. Stop by anytime between 8:00am and 3:30pm.

Older adults are often the target of scams. Scammers are savvy and convincing and their scams are designed to catch people off guard. Don't be ashamed if you think you or someone you know has been a victim of a scam - it can happen to anyone.

Common scams aimed at older adults include:

- **Government impersonator scams** - such as someone posing as a Medicare representative asking for account information.
- **Fake prize, sweepstakes, and lottery scams** - in which you are asked to pay money or provide account information to claim winnings.
- **Computer tech support scams** - in which a scammer tells you that your computer has a problem and wants you to pay for support services to fix it.
- **The grandparent scam** - in which a caller pretends to be a grandchild or other relative in distress.

### Here are a few steps you can take to protect yourself and loved ones from scams:

- Don't give out sensitive personal information over the phone or in response to an email, social media post, or text message. Sensitive information includes your Social Security number, bank account information, credit card numbers, PINS, and passwords.
- **Check incoming bills**, including utility bills and

credit card statements, for charges that you didn't authorize. Contact the utility provider, credit card company, or bank if you see any charges you don't recognize.

- **Protect your electronic accounts** by keeping the security software on your computer and smartphone up to date and by using multi-factor authentication when possible.
- **Don't transfer money to strangers** or to someone over the phone. Similarly, never buy a gift card to pay someone over the phone. Once you transfer money or share the numbers on the back of a gift card, there's usually no way to get your money back.
- **If someone is trying to scam you**, they may threaten you or pressure you to act immediately. If this happens to you, don't panic. Slow down and think about what the person is saying. If you suspect it's a scam, end the call and talk to someone you trust.

One reason that scammers target older adults is that they are less likely to report suspected fraud. If you think someone in your life has been the target of a scam, contact the National Elder Fraud Hotline at 833-372-8311. You can also contact your local police or sheriff's office.

### New scams to watch out for in 2024

Criminals are getting more sophisticated and supercharging old scams with new technology.

- **Check Cooking Scam** - thieves take a digital picture of a stolen check and then use commercially available software to alter it.
- **Multistage Grandparent Scam** - a new, more sophisticated version of the older grandparent scam.
- **Voiceprint Scams** - Thieves capture a recording of your voice and then generate an imitation "deepfake" version that can be used to impersonate you to access your insurance or your financial institution.

Source: Consumer Financial Protection Bureau; AARP



**Tell us what  
Meals on Wheels  
means to you!**

Meals on Wheels programs from across the country are joining forces for **March for Meals** awareness campaign to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come.

Seniors depend on the meals being delivered every day because they can no longer prepare their own meals and can't get out to shop for food. In addition, the daily wellness checks by the drivers is invaluable!

**This is your opportunity to engage powerful figures in the community and create awareness of how important Meals on Wheels services are for you in maintaining your health, independence and quality of life.**

Here's how you can participate: Paper plates are available by calling Julie at 740-681-5050, ext. 121, or stopping by Meals on Wheels at 1515 Cedar Hill Road, Lancaster, to pick one up. Write on the plate and tell us **what Meals on Wheels means to you**. Return the paper plate to Meals on Wheels by **March 14th** and plates will be displayed throughout The Senior Hub!



**Did you sign-up for a Medicare Advantage Plan during Open Enrollment?  
Not happy with your plan? It's okay! You have 90 days to keep it, return it, or trade it in.**



**From January 1 to March 31, 2024, you can:**

- Switch Medicare Advantage Plans.
- Drop a Medicare Advantage Plan and return to original Medicare.
- Coverage begins first of month after you enroll.
- Must be currently in a Medicare Advantage plan that began on January 1, 2024, to use this enrollment period.
- Cannot be used to add Part D for the first time or change Part D plans.

For questions or to schedule an appointment, call **Debbie Zwicker** at Meals on Wheels of Fairfield County **740-681-5050, ext. 112.**

**Free!!**

## **Blood Pressure Screenings**

10:00a.m. - 1:00p.m.

March 8th &

**Every Friday!!!**

**At Meals on Wheels**

10:15 a.m. - 11:15 a.m.

## **March Commodity Box Pick-Up**

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

**Wed., Mar. 20th 1-3:00pm**

**Thurs., Mar. 21st 1-3:00pm**

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

## **MEALS ON WHEELS ACCEPTS CREDIT CARD PAYMENTS AND DONATIONS**

**PLEASE CALL 740-681-5050 to make a payment or go to [www.mowfc.org](http://www.mowfc.org)**

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

**BRIAN ROBY—ext. #118 for Lifeline**

**PAYMENTS AND DONATIONS CAN BE MADE RECURRING UPON REQUEST**

*Celebrating 51 years of Service to Fairfield County Seniors*

**Regular Meeting of the Board of Trustees — March 28, 2024**

This newsletter is written by various staff members and edited by Sharon Powell