

CONNECTIONS

Monthly Newsletter

NOVEMBER
2026

We will be closed

November 11th Veterans Day

November 26th & 27th

Thanksgiving Day and the day after.

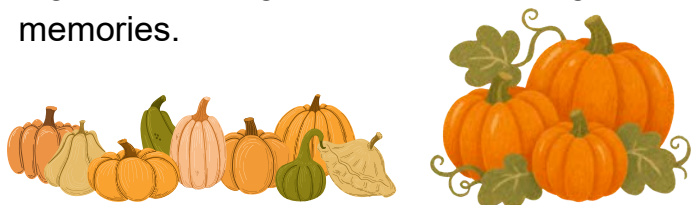


Thanksgiving 2026: Grateful to Serve

As Thanksgiving approaches, I find myself especially grateful—not only for family and friends, but for the opportunity to be part of and serve this wonderful community.

And then there is the food! Turkey, green bean casserole, sweet potato casserole, homemade stuffing, cranberry sauce, deviled eggs, pumpkin pie, and ambrosia salad fill many Thanksgiving tables. Oh, and don't forget about the turkey! Treasured recipes passed down from parents and grandparents somehow made the holiday taste like home.

For many of us, Thanksgiving brings back memories of days gone by. Growing up in the 1970s, life seemed a little slower. Families gathered around the table, neighbors knew one another, and holidays were about being together, sharing a meal, and making memories.



Today, life moves faster, but some things never change. We still treasure family, friendship, traditions, and the simple joy of sharing a meal with someone we love.

At The Senior Hub, I am grateful every day for the opportunity to serve the older adults of Fairfield County. I am equally thankful for our staff, volunteers, donors, community partners, and everyone who helps make our work possible.

This Thanksgiving, may we slow down, cherish the people beside us, remember those who are no longer at our table, and carry the spirit of kindness and gratitude into the days ahead.

I am truly thankful to be part of this community and honored to serve it. From my family to yours, and from all of us at The Senior Hub, may your Thanksgiving be filled with love, laughter, treasured memories, and a grateful heart. Happy Thanksgiving!

Anna Tobin, Executive Director

Our Mission: To enable independent living and improve the quality of life for older adults living in Fairfield County.



**Daylight Savings Time will end on
Sunday, November 1, 2026 at
2:00 a.m. local time, when clocks
fall back one hour to 1:00 a.m.**

Wise Walkers

November 11th at Olivedale

9am to 11am

Mambourg Park

Nov. 1st. 9 am -11 am Feathers & Foliage Birdie Hike

Nov. 7th 3 pm - 4:30 pm Fall Discovery Hike

Nov. 15th 4 pm - 5:30 pm Animal Survival Secrets

Nov. 20th 10:30 am - 11am Seasonal Stories

Smeck Park

Nov. 7th Fall into Mindfulness Meditation Hike Starts at 9am

Nov. 10th Wellness Hike
5pm - 6:30pm

Nov. 14th Fall Fungi Hike
10am - 11:30am

Freedom is Never Free

Nov. 5th - 8th All day
Fairfield County Fairgrounds

Wahkeena Nature Preserve

Nov. 8th Fall Discovery Hike
2200 Pump Station Rd. SW.
1PM - 2PM

Festival of Lights

Starting Nov. 26th 6pm - 10pm
Fairfield County Fairgrounds

Alley Park

Nov. 15th 9am - 12pm
The Alley Trail Classic

4th Annual LCS Bridges Craft Show

Sat, 7 Nov 2026 • 9:00 AM to 2:00PM

Vendors-Raffles-Face Painting-Food Crafts

Heart of Christmas Craft Show

Clum Auction Gallery

Nov. 28, 2026 9am till 3pm

7795 US-22

Rushville, Ohio 43150

What's going

on at **The Hub**

Monday

10:30am-11:15am Silver Sneakers

Tuesday

10:00am-11:00am Chair Yoga

1:00pm-2:00pm Book Group

Wednesday

10:30am-11:15am Silver Sneakers

12:30pm-1:00pm Loop Group

Friday

10:00 BINGO

1:00pm-2:00pm Chair Volleyball



Free Blood Pressure checks on:

Friday November 6th & 20th

10:00am -1:00pm

Lucy's Cafe is open:

Monday - Friday 10:00am-1:00pm

Not a member?

See Sharon at the front desk to sign up- it's free and easy!



A Doctor's Advice on Healthy Aging

by Doctor David M. Scoggin, MD



TIME TO GET VACCINED UP!

Fall has rolled around again! To me this season means watching for the beautiful color changes in the trees, getting out those sweatshirts and cozy throws, watching football, and getting up to date on my vaccines, of course! It is now November so pat yourself on the back if you have received this fall's flu and COVID -19 shots! If it has slipped your mind, it is not too late to protect yourself and your loved ones.

September/October is the best time to get your yearly flu vaccine. Influenza is a very contagious respiratory virus which mutates frequently. So, the vaccine must be remade yearly. This year's vaccine will combat three slightly different strains of the flu.

Why get vaccinated for the flu, you ask? Well, 1. it is no fun to be sick, 2. it is no fun to be sick in the hospital, 3. having the flu can be fatal – those of us over 65 are at much greater risk of hospitalization and death from the flu, and 4. I would not want to be responsible for making my family members or friends sick. From October 2025 through February 2026, the CDC estimated that 21,000 Americans died from the flu, 340,000 were hospitalized, and 26 million became ill. Only 47%, not even half of us over age 18 were vaccinated.

Side effects from a flu vaccine are usually mild and include soreness at the injection site, slight fever, and/or slight fatigue. THE FLU SHOT CANNOT GIVE YOU THE FLU! I suggest contacting your primary care provider (PCP) about getting your flu vaccine. Vaccines are also available at most pharmacies and by appointment at the Fairfield County Health Department (740-652-4802). Be sure to ask for the “high dose” shot. There is good evidence that this version causes a better immune response in those over age 65. Most health insurance policies, including Medicare, cover your flu vaccine cost.

It is also time to update your COVID -19 vaccine! The COVID -19 virus is another respiratory virus which mutates frequently requiring new vaccines to be made as needed. Adults over 65 should take an updated COVID-19 shot twice a year. Happily, illness and death from COVID -19 is falling. Whereas in 2023-24 there were 100,000 deaths and 879,100 total illnesses, in 2024-25 these numbers had fallen to an estimate of 34,000 – 53,000 and 290,000 - 450,000 respectively. An infection with COVID -19 which isn't fatal can cause a condition usually known as “long COVID”. Symptoms of this can be very distressing and include persistent fatigue, body aches, “brain fog”, and shortness of breath to name just a few. While it is possible to recover from long COVID, it is estimated that 3.3 % of Americans currently suffer from it.

COVID – 19 vaccines are also available at most pharmacies. Check with your insurance company as to payment.

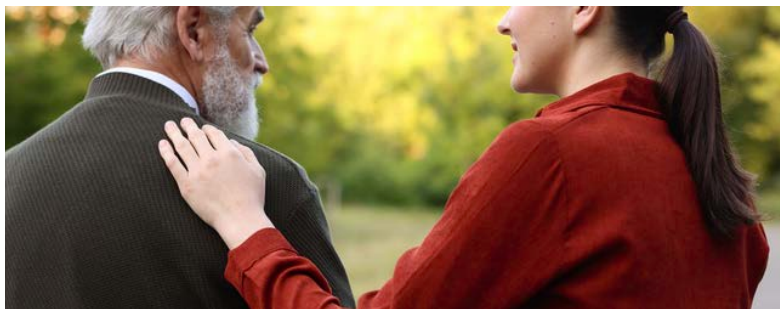
Continues on page 4

Another vaccine to consider is that for RSV (respiratory syncytial virus). This virus affects primarily infants, young children, and adults over 65. RSV causes pneumonia and is responsible for 6,000 – 10,000 deaths yearly in those over 65 and 100-300 deaths per year in children under 5. All adults over 75 should receive one RSV vaccine in their lifetime. Other adults with certain chronic conditions (like cancer, COPD, and heart disease) should receive one vaccine between age 50-74. The recommendations have changed in recent years so some of us have had this vaccine before age 75. Pharmacies also have this vaccine available, and it is covered by Medicare Part D.

Finally, it would be a good time to consider a vaccine for the *Streptococcus pneumoniae* bacteria if you have not already taken one. This bacteria also causes pneumonia. The recommendations for this vaccine have changed in the last 30 years and newer types have been developed. You should be vaccinated for this after age 50. Your PCP or pharmacist can discuss the recommended vaccine type for you considering your age and whether you have had a previous *S. pneumoniae* vaccine.

Vaccines serve a safe and vital function in keeping us healthy. When we are vaccinated against the flu, COVID-19, RSV, and *S. pneumoniae*, we also help keep our children and grandchildren healthy, too! Get the “jabs”!

David M. Scoggin MD. 9/30/2026.



November Is National Family Caregivers Month

November is National Family Caregiver Month, and at The Senior Hub, we want to take a moment to recognize the incredible people who provide care and support to others every day.

Caregiving can take many forms. You may be caring for a spouse, helping a neighbor, supporting a relative who lives with you, or checking in on a loved one across town. No matter what caregiving looks like for you, we know it can be rewarding—and sometimes challenging and stressful.

Many caregivers are also part of the “sandwich generation,” balancing the needs of an aging parent or loved one while also caring for children, grandchildren, or other family members.

Juggling work, family responsibilities, appointments, and caregiving can leave little time for yourself. If you find yourself stretched in several directions, remember that support is available.

You don't have to do it all alone.

The Senior Hub offers a variety of programs and services designed to support older adults and their caregivers. From in-home services and respite support to transportation, care coordination, information and referrals, and other community resources, we can help you find the support you need.

Our goal is to help reduce the stress of caregiving, provide practical assistance, and help you feel confident and successful in your role.

This November, we celebrate you, the caregivers who give so much of your time, energy, and heart to others. Remember: asking for help is not a sign of weakness—it's part of being a successful caregiver.

The Senior Hub is here when you need us.

Keeping the Giving in “Thanksgiving” A Caregiver’s Concern

Thanksgiving is a day for counting our blessings and celebrating with our generations. We have a picture in our minds of a sumptuous meal complete with turkey, dressing, pumpkin pie, and cranberry sauce with fall colors in a rich tablescape. It’s a time when we share not only food but hopes, milestones, and positivity. It’s a time to feel satisfied with the bounty that we have.

If you are the caregiver for an elderly person, it’s a journey to feel grateful and satisfied. Your family may have gathered. You may have three generations at the table, but who is tending to grandma? You! Who is making sure that the food on her plate is compatible with her dietary requirements? You! Who is making sure that her scheduled medications are taken in middle of the meal? You! Who is sitting next to her to make sure she is engaged in the conversations that flow all around you? You! Who ensures that she is not ignored? You! And who is feeling overextended about the responsibilities toward the senior? You, the one who hates feeling resentful, again!

Plan. It doesn’t have to be this way. If you carefully choose to discuss grandma care with select mature family members, you can share the responsibilities at Thanksgiving. Suggest that wouldn’t it be nice if grandma spent some time specifically with those she doesn’t see frequently? .



Let’s split up grandma duties so she gets to talk to and be attended to by some of the adults and young adults who will be there. Being tended by a family member, rather than the aide, would be a great change for mom, you can say. We’re trying to do things a little differently this year.

You will need to ask some responsible family members in advance to take half hour or hour spells, depending on how long you expect everyone to be there.

(Transporting her to and from the celebration are separate jobs.) Make phone calls for that purpose; it’s worth investing the time and focus. Clarify what is involved so that people will not find it daunting. Being her social director is a cute way to put it, even though helping her with her food, drink, and meds are part of the responsibility as well. Figure it out beforehand, give reassurance at the beginning of the meal, and keep an eye on things.



Taking a break from the caregiving during Thanksgiving is giving others the gift of giving to grandma. It's not shirking your responsibility. Sharing the load from time to time is sensible as well as educational for others. See it as training for more engagement, conversations, and visits.

As participants prepare to leave, you can compliment those that took turns with grandma and say, you were gentle with grandma. I could tell that she enjoyed sitting next to you. Maybe pay her a visit next time you have a college break. She will love staying in touch with you until you see her again in person. Intentionality and planning can help you share the responsibilities of entertaining and maintaining your senior. Awareness and inclusion can be prompted with focus. Make sure you get some respite from your constant giving during Thanksgiving. Giving is a privilege you can share!

MEDICARE OPEN ENROLLMENT EVENT

November 19, 2026 9:00 a.m.– 3:00 p.m.



Call Debbie
Zwicker To
Register:
740-277-7299



Prescription Drugs Cost Getting Out of Control?

The high cost of prescription drugs can eat into your household budget making it difficult to buy food, pay bills, or do the things you like to do.

The Senior Hub offers an **RxAssistance Program** to older adults who meet eligibility guidelines. This program has saved individuals hundreds of dollars on their prescription drug costs.

Give our certified RxAssistance Coordinator, Debbie a call to learn more.
740-681-5050 ext. 212



Medicare

Open Enrollment

October 15–December 7

Call to schedule an appointment
to review your plan.

Call Debbie 740-277-7299

Sign up for Medicare, or make changes
to Medicare, Medicare Advantage
Plans, and Medicare Plan D.



Department of
Insurance

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

This free-services offers on-demand videos with
practical advice-Toolkits for quick, hands on
learning-over 500 articles from caregiving experts
that address your questoins.

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

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



NOVEMBER

Choice of Entrée - You must have your choice slip turned in by the date specified.

If the choice slip is not turned in, you will receive the first listed menu item.

<p>Ham & Potato Au Gratin Garden Seasoned Broccoli Roll w/Marg Pudding Cup</p> <p>2</p>	<p>Italian Vegetable & Bean Soup Sliced Pears Corn Muffin Side Salad Ranch Dressing</p> <p>3</p>	<p>Corned Beef, Carrots, Potatoes & Cabbage Green Peas Roll w/Marg Peanut Butter Cookie</p> <p>4</p>	<p>Pizza Casserole Italian Green Beans Hot Peach Delight Side Salad Italian Dressing</p> <p>5</p>	<p>CHOICE Salmon Patty or Chef Salad Parsley Potatoes Brussel Sprouts Roll w/Marg. Fresh Orange</p> <p>6</p>
<p>Cincinnati 3-Way Chili Buttered Yellow Corn Malibu Blend Vegetables Lemon Cookie</p> <p>9</p>	<p>Shredded Chicken Peas & Pearl Onions Hominy Bun Banana Pudding</p> <p>10</p>	<p>Closed for Veteran's Day Please use your shelf stable meal.</p> <p>11</p>	<p>CHOICE Salisbury Steak or Liver & Onions Mashed Potatoes w/Gravy Southern Green Beans Grape Juice</p> <p>12</p>	<p>CHOICE Spinach Quiche or Chef Salad Stewed Tomatoes Cinnamon Applesauce Cottage Cheese</p> <p>13</p>
<p>Oven Fried Chicken Breast Pierogies Brussels Sprouts Fresh Orange</p> <p>16</p>	<p>CHOICE Polish Sausage or BBQ Rib Patty Sauerkraut Potato Wedges Bun Mustard</p> <p>17</p>	<p>Roast Beef Mashed Potatoes w/Gravy Harvard Beets Roll w/Marg</p> <p>18</p>	<p>Baked Ziti Zucchini & Squash Diced Peaches Side Salad Italian Dressing</p> <p>19</p>	<p>CHOICE French Toast or Chef Salad Blueberries Hashbrown Potatoes Stewed Tomatoes Syrup & Marg.</p> <p>20</p>
<p>Chicken Salad on Croissant Classic Creamy Cole Slaw Spiced Pears Wheat Bread w/Marg</p> <p>23</p>	<p>BBQ Beef Stuffed Pepper Casserole Chuckwagon Corn Diced Pears Wheat Bread w/Marg</p> <p>24</p>	<p>Shredded Turkey Mash Potatoes w/Gravy Stuffing Green Beans Cranberries & Apples Pumpkin Pie</p> <p>25</p>	<p>Closed for Thanksgiving Holiday Please use your shelf stable meal.</p> <p>26</p>	<p>Closed after Thanksgiving Holiday Please use your shelf stable meal.</p> <p>27</p>
<p>Hearty Ham & Potato Chowder Green Beans Southern Style Biscuit Apple Juice</p> <p>30</p>	<p>Foods prepared and served by The Senior Hub-Meals on Wheels contain no added salt. Ingredients are available by request for all foods prepared by Meals on Wheels and are available on the agency website: www.theseniorhubfc.org</p> <div data-bbox="919 1352 1278 1593"> </div> <p>A VOLUNTARY CONTRIBUTION of \$4.00 per meal for persons age 60 & older is suggested. For those under the age of 60 the cost is \$9.00 per meal. 2026 Nutrition Programs are funded by Title-III of the Older Americans Act, MOW Senior Services Levy, client & community donations, and agency fundraising. YOUR REGULAR, GENEROUS DONATIONS ARE GREATLY APPRECIATED! Participants age 60 or older will not be denied Title-III funded meals due to their inability to contribute as long as funding lasts. Please be advised that food prepared in this facility may contain these ingredients: milk, eggs, wheat, soybeans, peanuts, tree nuts, fish, shellfish, sesame. Ingredient information is available on our website—www.theseniorhubfc.org.</p>			

Nutrition Services

November 2026

Meal Delivery Cancellations are due by 9:00am, please call if you won't be home. 740-681-5050 option #1. Please call 2 days in advance if you need a meal on a day, you are unable to be home to receive a meal. We can send a frozen meal the day prior to your absence. Our drivers are unable to leave a hot meal in a cooler, in your fridge, etc. if you are not home when they make delivery. Thank you for your cooperation.

Have You Started Thinking About Your Thanksgiving Dinner?

I know I have! I can't wait to enjoy all of my favorite Thanksgiving sides. But for most families, the turkey is the star of the dinner. I also know that being in charge of the Thanksgiving turkey is probably one of the most important jobs of the day!

I'd like to share a few helpful tips to make preparing your Thanksgiving turkey easier and, most importantly, safe.

Turkey Safety Tips

- Store properly: Keep frozen turkey at 0°F or below. Fresh turkey should be used within 1–2 days.
- Thaw safely:
 - Refrigerator: Allow approximately 24 hours for every 4–5 pounds of turkey. Keep the turkey in a container to prevent drips from contaminating other foods.
 - Cold water: Allow approximately 30 minutes per pound. Place the turkey in a leakproof bag and change the water every 30 minutes. Cook the turkey immediately after thawing.
 - Microwave: Follow the manufacturer's instructions for thawing and cook the turkey immediately afterward.
 - Never thaw turkey at room temperature. Bacteria can grow rapidly between 40°F and 140°F, also known as the "danger zone."
- Handle correctly: Wash your hands, utensils, and food-preparation surfaces before and after handling raw turkey. Keep raw turkey and other foods separate to prevent cross-contamination.
- Cook thoroughly: Use a food thermometer to make sure the turkey reaches an internal temperature of 165°F in the thickest parts of the breast, thigh, and wing.
- Chill leftovers: Refrigerate leftovers within 2 HOURS of serving and reheat them to 165°F before eating. Toss it out after 4 days.
- Do not wash the turkey: Washing raw turkey can spread harmful bacteria around your kitchen through splashing and contaminated surfaces.

The Senior Hub – Meals on Wheels will be closed on November 11, 2026, in observance of Veterans Day. We will also be closed on November 26 and 27, 2026, in observance of Thanksgiving. Please remember to use the shelf-stable meals that were provided to you during these closures.

Wishing you and your loved ones a safe, happy, and delicious Thanksgiving!

Written by Amber Goines CDM, CFPP, Director of Nutrition Services

Foods prepared and served by The Senior Hub- Meals on Wheels contain no added salt. Ingredients are available by request for all foods prepared by Meals on Wheels and are available on the agency website: www.theseniorhubfc.org

Commodity Box Pickup

11/18 and 11/19

1:30pm-2:30pm

**Please do not arrive before
1:15pm on your pick up day
and
have your ID
ready upon arrival!**

The Lancaster Holiday Festival Parade

Takes place each year on the Saturday before Thanksgiving, starting at 10:00AM at the Fairfield County Fairgrounds, with a downtown route and a "Celebrate the Season, Serve with Heart" theme in 2026 . Join us Saturday, November 21, 2026

Route: Starts and ends at the Fairfield County Fairgrounds.



2026 FAIRFIELD COUNTY *Senior Symposium*

Wednesday, Nov. 18

Olivedale Senior Center
253 Boving Road, Lancaster

Seniors - 10 a.m. to 12:30 p.m.
Caregivers - 5:30 to 7:30 p.m.

FREE TO ATTEND!

Featuring light refreshments, community resources and a local panel to discuss aging.

Questions? Email sstouder@theseniorhubfc.org



SPECIAL GUEST SPEAKER:

Dr. Brian Browne
NUTRITIONAL NUEROSCIENTIST

PRESENTED BY: OAN OLDER ADULT NETWORK
a program of THE SENIOR Hub | MEALS ON WHEELS FAIRFIELD COUNTY

November 6th



Join us for *Bingo* in the remodeled activity room.

The old Bingo room is bigger and better.
Make sure to grab your seat by 10:00 a.m.

Where: The Senior Hub - Activity Room B

When: Every Friday 10:00 - 11:00

Majestic Leaves Tour

Mother nature never ceases to awe us. This time of year, trees are full of beautiful colors. The Senior Hub's activity coordinator, Julianna, is bus touring down country roads to enjoy the stately view. She would like to take nine individuals with her.

There is limited space. If you would like to join, please call
Julianna at 740-277-7428

We will gather and start our journey at The Senior Hub

Tour Date: November 10, 2026

Time: 10:00 a.m - 12:00 p.m.



Joanie and her clients created this beautiful fall tree.

It is located in Hunterwood Senior Apts

Home Energy Assistance Program

The HEAP Winter Crisis Program in Ohio provides a one-time annual benefit to help eligible older adults maintain, reconnect, or establish home heating and utility services.

Income Limits: 1 person: \$27,930.00/yr 2 People: \$37,870.00/yr

The program covers:

- Utility main/reconnection: Payments to restart or prevent shut-offs for electric, gas, municipal, or cooperative utilities.
- Bulk fuel supply: Refills for tanks when fuel supply is 25% or less (propane, fuel oil, wood, coal).
- Transfer/New service: Fees required to establish or transfer primary heating service.
- PIPP default: Assistance with Percentage of Income Payment Plan (PIPP) default or first-time enrollment.
- Furnace repairs: Emergency repair or replacement of primary heating units (up to \$1,500 in assistance).

Please bring the following paper work for everyone in the household for verifications.

1. One of the following: Birth Certificate, Passport, or Social Security Card for each household member.
2. Income Verification: Award/benefits letter and/or last 30 days paystubs for each household member.
3. Current: Electric and/or Gas bills

Do you need help completing the application for assistance?

We can help!

Tuesday, November 3rd and

Tuesday, November 17th

**9:00am -12:00 noon
at The Senior Hub**

If you have questions or would like to make an appointment, please call Melissa at The Senior Hub.
Phone: 740-277-7681.

Thanksgiving Then & Now

THANKSGIVING THEN

Homemade pies — Grandma's pie crust recipe was often a closely guarded secret!

The big family dinner — Everyone gathered around one table, sometimes with a few folding chairs squeezed in!

Recipes from memory — "A little of this and a pinch of that" was a perfectly good recipe!

Kids everywhere — Cousins played, adults talked, and someone was always being told to "go outside and play."

Recipes from memory — "A little of this and a pinch of that" was a perfectly good recipe!

THANKSGIVING NOW

Easy does it — Store-bought pies and ready-made desserts can save time and still taste delicious.

Gathering looks different — Families may celebrate in smaller groups or connect with loved ones by phone or video.

So many choices — Parades, football, movies and holiday shows are all just a remote click away.

Recipes at your fingertips — Need to know how long to cook the turkey? Just ask your phone!

New traditions — Families continue creating special memories in their own ways.

Thanksgiving Trivia Challenge!

Think you know Thanksgiving? Give these a try before looking at the answers!

1. Which U.S. president is credited with making Thanksgiving a national holiday in 1863?

- A. George Washington
- B. Abraham Lincoln
- C. Theodore Roosevelt

2. What was NOT on the menu at the 1621 harvest celebration commonly associated with the first Thanksgiving?

- A. Turkey
- B. Pumpkin pie
- C. Lobster



3. In what month is Thanksgiving celebrated in the United States?

- A. October
- B. November
- C. December

4. What famous parade tradition began with the Macy's Thanksgiving Day Parade in 1927?

- A. Giant character balloons
- B. Fireworks
- C. Christmas trees

5. Which Thanksgiving food was once used to make a type of beer?

- A. Cranberries
- B. Pumpkin
- C. Green beans



6. What is the traditional date range for Thanksgiving in the United States?

- A. November 1–7
- B. November 15–21
- C. November 22–28

Answers will be on page 12

Answers from page 11

★ ANSWERS

1. B | 2. B | 3. B | 4. A | 5. B | 6. C

BONUS QUESTION:

What Thanksgiving food could you eat every day and never get tired of?

There's no wrong answer! 😊

A Thanksgiving Thought

Whether your Thanksgiving table seats two people or twenty, whether the meal is homemade or picked up at the store, and whether your traditions are old or brand new, there is always something to be thankful for. Sometimes the best part of Thanksgiving isn't what's on the table—it's who is sitting around it.



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

Winter Safety for Older Adults

Winter weather can bring unexpected emergencies. Have a plan that will allow you to remain in place for at least three days in case you are unable to safely leave your home due to weather conditions or other emergencies.

Have a bag packed with essential supplies in case you need to leave your home.

A kit for leaving your home can fit into a backpack or duffel bag and should include: a radio, flashlight, and batteries; travel-size toiletries; baby wipes; a multipurpose tool with a knife and can opener; extra clothing and shoes; and light rain gear. A loud horn, whistle, or bell to signal for help; food you can open and prepare easily without electricity; one gallon of water per person, per day; extra blankets; and a first-aid kit.

Older adults may want to consider other steps to ensure you have what you need in an emergency, such as:

Add spare glasses and hearing aid batteries to your emergency kits; include a backup supply of medications you take (ask your pharmacist for advice on safe storage) and copies of your prescriptions in your kits; Keep ice packs in the freezer and a soft-sided cooler near your kits for medications that need to be kept cool; Make sure your assistive equipment, like canes, walkers, oxygen tanks, etc. are easy to locate in an emergency. Have non-powered options for equipment that will not work without electricity.

Be prepared to quickly explain to rescue workers how to move you or help you move safely and quickly;

and ask a reliable family member, friend or neighbor to visit or call you in an emergency to make sure you are okay, and agree on a plan for what they should do if they are unable to reach you or find you needing help.

In addition, take special care during wintry conditions to prevent falls:

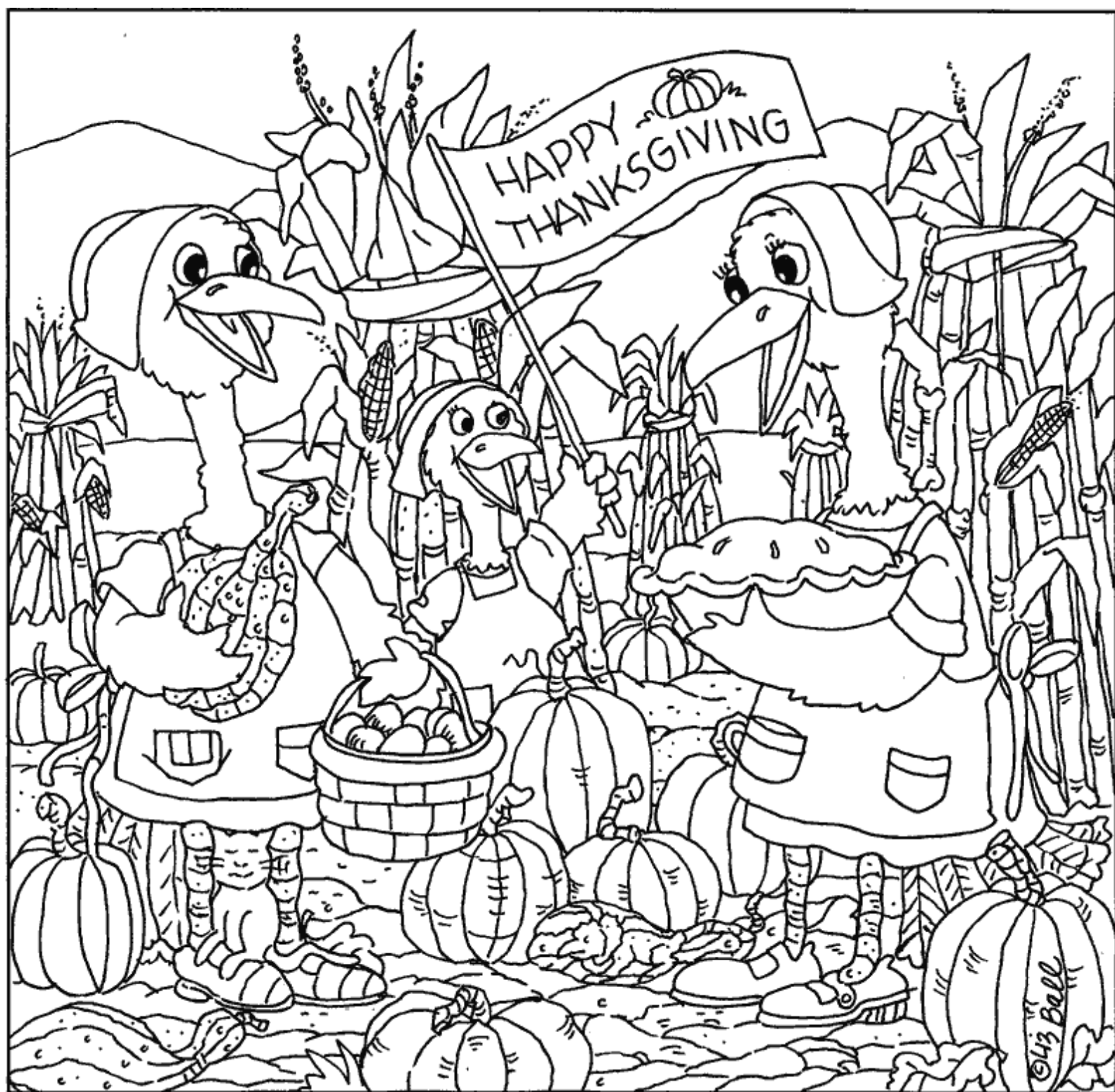
Wear boots and shoes that fit properly and have soles with good traction. Slow down and give yourself extra time to get where you're going. Make sure steps leading into your home have sturdy handrails that can support you if you slip. Watch for slippery surfaces ahead of you – keep your head up and use your eyes to look down. Don't try to walk in more than an inch of snow – deeper accumulations can cause you to trip. Ask your health care provider about indoor exercises that can help you build and maintain balance, strength, and stamina when you can't venture out. Watch for tripping hazards in your home, such as blankets and cords. Invest in extra lamps and brighter lights for inside and outside walkways and stairs and when in doubt, ask for help.

Clothing and Cold-Weather Gear

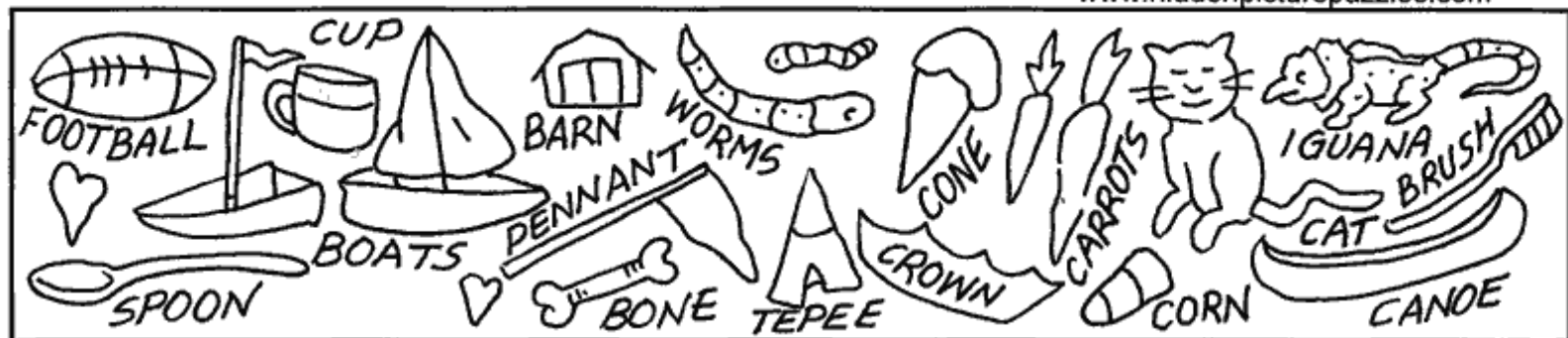
Layered indoor clothing: Long underwear, thermal shirts, fleece jackets, and non-slip warm socks to prevent indoor hypothermia.

Outdoor gear: A heavy waterproof winter coat, a warm hat that covers the ears, gloves or mittens, and a scarf or neck gaiter.

Traction footwear: Sturdy winter boots with non-skid rubber soles, plus ice grips or replacement rough tips for canes and walkers.



www.hiddenpicturepuzzles.com





Word Search

Name: _____

The First Thanksgiving

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

Word list:

COLONY

CORN

CORNUCOPIA

CRANBERRIES

DRESSING

DRUMSTICK

EAT

FEAST

FISH

FOOD

GRATITUDE

GRAVY

HAPPY

HARVEST

MAIZE

MAYFLOWER

NATIVE

PILGRIMS

PLENTY

PLYMOUTH

PUMPKINPIE

SQUASH

STUFFING

SWEETPOTATOES

THANKSGIVING

TRIBE

TURKEY

YAMS





1515 Cedar Hill Road, Lancaster
740-681-5050

Need	Staff Member	Extension
To start, add, or change your services	Brevin Lambert	213
For diet changes or menu questions	Amber Goines	226
To cancel your meal delivery or for questions about your meal delivery For questions concerning the Commodities program	Mariah Cooke	206
For the Emergency Response Program or Adaptive Equipment Program	Faith Fox	220
For In-Home Services (Homemaking, Personal Care, Respite, Minor In-Home Repairs)	Leatha Whitney	223
For Medical Transportation Services	Betsy Swartz	202
For Activities	Julianna Kincaid	221
For billing questions or to make a payment or donation for services	Amber Deible	224
For volunteering questions or information	Chelsie McClelland	210

2026 BOARD OF TRUSTEES

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Vice President: Corey Clark
Secretary: Kathryn Iles
Treasurer: Ronnie Blankenship
Past President: Doug Smith

Anna Tobin- Executive Director

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Dale Dixon Christa Moody
John Pekar Brenda Shamblin
Jeff Wagner David Ward
Colleen Cook Boni Probasco

The Senior Hub accepts cash,
check, and all major credit cards



(Recurring payments arranged upon request)

Board Meeting November 19th