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*Heritage Times is a bi-monthly publication of the Licking County Aging Program.*

Join us on social media:

- **Facebook:** Licking County Aging Program
- **Twitter:** @agingprogram
- **Instagram:** lcap_lickingcounty

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**JANUARY SUPER BOWL FLING**

*See Page 5 For More Details.*

**ELVIS LIVE**

*February, 28th  
11:00 AM - 1:00 PM*  

A performance by, Elvis Tribute Artist Lonnie Jay Freeman  

*See page 6 for details.*
MISSION STATEMENT:
To improve the quality of life for Licking County senior citizens by contributing to their independence and healthy lifestyles.

Contact Numbers:
(740) 345-0821
(800) 452-0097 - long distance calls

Email:
lcap@lcap.org

Join Constant Contact Today
Visit our website at www.lcap.org and sign up to receive your newsletter through email.

LCAP Staff Directory:

Administration:
Executive Director ................................................................. Dave Bibler
Associate Executive Director .......................................................... Marti Fuller
Community Outreach Director .................................................. Bonnie Morton
Home Services & ADC Director .................................................. April Sharp
Human Resources Director ...................................................... Shari O’Neill
Nutrition Director ................................................................. Janis Clark
Transportation & Facilities Director ........................................... Mark Dinsdale
Banquet Services ................................................................. Amanda Mikulski

Board of Directors:
President ................................................................. Holly Slaughter
Vice President ................................................................. Candy Wade
Secretary ................................................................. Olivia Biggs
Treasurer ................................................................. Tim Reichert

Past President: Tim Cooper

Board meets at NOON on the THIRD MONDAY of each month.

Heritage Times is a bi-monthly publication of the Licking County Aging Program. Please contact LCAP to subscribe, unsubscribe or with an address change. Next edition will be mailed during the last week of February covering March and April of 2020.
**Pet Care Clinic!!**
**Thursday, March 19th: 2:00 PM-6:00 PM**
**Thursday, April 16th: 2:00 PM-6:00 PM**

The Licking County Aging Program is excited to partner with Refugee Canyon Veterinary Services to offer a Pet Care Clinic right here at Heritage Hall Senior Center. Without the help from a generous donation made by Sheri Duval with Arlington Care Center this would not be possible. We would like to thank her for doing her part in living out their mission “Making a difference...one resident at a time.” Applications for our next FREE Pet Care Clinic, offering pet wellness exams and standard vaccines are currently available.

**Qualifications:**
- Pet must be owned by a qualifying senior.
- Limit of 2 pets per senior.
- Qualifying seniors will be contacted with their appointment time.

**NO WALK-INS, PLEASE**
For questions please contact The Licking County Aging Program at (740) 345-0821 ext. 237.
Limited appointments available so turn in your applications soon.

(Additional services available at a discount.)

**New FLING Ticket Sales Procedures**

Buying your event tickets is faster and easier. We have listened and based on the feedback received, we have revised fling ticket sales. We are hoping by making this revision it will help to expedite the process and to relieve any stress on both ends. This new procedure includes ticket sales i.e.; Flings, Dances...etc.

**Effective January 31st with February’s Fling ticket sales, the following changes have been made:**

- We will no longer be keeping track of names, phone numbers or what tables you are sitting at. It will be your responsibility to keep your tickets at hand. Tickets lost or misplaced cannot be replaced.
- Maximum ticket purchase of 4 per person.

*Thank you in advance for your patience and understanding. We appreciate you and the feedback provided. Should you have questions, any representative from Community Outreach will be able to assist.*

**It’s TAX TIME Again!**
Each year, AARP’s professionally trained volunteer Tax-Aides prepare Federal, State and School District tax returns for low and middle-income taxpayers.

AARP Tax-Aide personnel will be scheduling appointments at Heritage Hall Senior Center for free income tax preparation services to Licking County residents, specializing with those 60 and older.

It is important to bring in a copy of last year’s tax return and all 2019 paperwork that you have received. You must bring photo identification and your Social Security card.

Appointment scheduling will start January 15th between 8:30 AM and 4 PM by calling (740) 641-2387. Please do not call for scheduling before January 15th.
If you would like to join us for lunch around an activity call our Nutrition Department at (740) 345-0821 ext. 229. There is a suggested donation of $3.00 for lunch.

THURSDAY’S TALK, Hearing Aid Care
Thursday, January 2nd: 1:00 - 2:00 PM
Katie Silias from Hear USA will be here to answer questions and offer tips on taking care of your ears when wearing hearing aids. Reservations requested by Dec. 30th by calling (740) 345-0821.

SUPER BOWL FLING, Ticket Sales
Monday, January 6th: Starting at 9:00 AM
Purchase your Super Bowl Fling tickets on January 6th starting at 9AM through Jan. 24th at Noon. Tickets are $1/$2 each.

TUESDAY’S TALK, Consumers’ Counsel of Ohio
Tuesday, January 7th: 1:00 - 2:00 PM
The Office of the Ohio Consumers’ Counsel will share some tips with us on understanding your utility bills. Learn how to access valuable budget resources and what your rights are as a consumer. Reservations requested by Dec. 31st by calling (740) 345-0821.

GAME DAY, Are You Smarter than a 5th Grader?
Thursday, January 9th: 10:00 - 12:00 PM
Are You Smarter Than A 5th Grader? Join us as we have a rematch with the Licking Valley Leo Club. Study up because they are coming back to win!!!! Reservations requested by Jan. 2nd by calling (740) 345-0821.

EVENING ENTERTAINMENT, The Marlings
Monday, January 13th: 5:30 - 6:30 PM
Please join us for a fun evening of singing entertainment with the Marlings. Reservations requested by Jan. 6th by calling (740) 345-0821.

TUESDAY’S TALK, Ohio Medical Marijuana Update
Tuesday, January 14th: 1:00 - 2:00 PM
Join us as the Executive Director of the State of Ohio Board of Pharmacy, Steve Schierholt, stops by to discuss updates to the Ohio Medical Marijuana Control Program. He will also explain how to get registered for use and purchase. So don’t miss out. Reservations requested by Jan. 7th by calling (740) 345-0821.

WHAT’S COOKING CLASS, Meal Kits
Wednesday, January 15th: 2:00 - 4:00 PM
It seems like more and more meal kit providers are popping up every day. If you have never tried one, you’ll want to be in this class. We will be trying a few various meal kits to see just how complete and easy they are, and also the big question: how do they taste? Tickets on sale now for $5 each. Limited seating.

HANDMADE CRAFT, Microwave Heating Pads
Thursday, January 16th: 2:00 - 3:00 PM
Having aches and pains? Join us as we make our own aromatherapy microwave heating pads the DIY way. Reservations requested by Jan. 9th by calling (740) 345-0821. Limited seating.

MOVIE MATINEE, The Best of Enemies
Friday, January 17th: 2:00 - 4:00 PM

TUESDAY’S TALK, Thyroid Concerns
Tuesday, January 21st: 1:00 - 2:00 PM
Join us on Tuesday, as Dr. De Santis from Licking Memorial Health Systems will be here to educate us on the signs & symptoms of different types of thyroid issues. Reservations requested by Jan. 14th by calling (740) 345-0821.

WEDNESDAY’S TALK, Licking County Archives
Wednesday, January 22nd: 1:00 - 2:00 PM
Miranda Shields from Licking County Archives will be here to offer assistance on how to research Licking County history through the Archives. Reservations requested by Jan. 15th by calling (740) 345-0821.

HEALTH & WELLNESS, Exercising and stretching
Wednesday, January 22nd: 2:00 - 3:00 PM
Exercising and stretching. It’s the time of year when many people resolve to improve their diet and exercise regime. That always sounds like a good idea to me! We’ll be learning stretching and strength exercises as well as giving tutorials on how to use the equipment in the LCAP exercise room. Lace up your tennies and join us! Reservations requested by Jan. 15th by calling (740) 345-0821.

THURSDAY’S TALK, Poetry
Thursday, January 23rd: 1:00 - 2:00 PM
Join the Licking County Library, and us as we explore some poetry literature that uses aesthetic and rhythmic qualities of language. Reservations requested by Jan. 16th by calling (740) 345-0821.
If you would like to join us for lunch around an activity call our Nutrition Department at (740) 345-0821 ext. 229. There is a suggested donation of $3.00 for lunch.

**BREAKFAST CLUBS**

**Wednesday, January 29th**: 9:00 - 10:00 AM  
Big John's at 305 East Main St., Newark, OH  
Reservations requested by Jan. 24th by calling (740) 345-0821.

**Wednesday, February 26th**: 9:00 - 10:00 AM  
River Edge at 50 W. Columbus Rd., Utica, OH 43080  
Reservations requested by Feb. 21st by calling (740) 345-0821.

**HANDMADE CRAFT, Clay Pot Snowman**

**Thursday, January 30th**: 1:00 - 3:00 PM  
Do you want to build a snowman? We will build a clay pot snowman so that he will not melt when it turns warm outside. Reservations requested by Jan. 23rd by calling (740) 345-0821. Limited seating.

**JANUARY SUPER BOWL FLING**

**Friday, January 31st**: 11:00 - 1:00 PM  
The teams are set, so now it is time to get ready for a "super" tailgate party with us. Wear your favorite team jersey and come celebrate the big game. Tickets go on sale January 6th at 9AM thru January 24th at Noon.

**TUESDAY'S TALK, Healthy Hearts**

**Tuesday February 11th**: 1:00 - 2:00 PM  
Join us as Nurse Practitioner, Leslie Solomon, an affiliate with Licking Memorial Hospital, gives us advice on keeping your heart healthy. Reservations requested by Feb. 4th by calling (740) 345-0821.

**WHAT'S COOKING CLASS, Asian Cuisine**

**Wednesday, February 12th**: 2:00 - 4:00 PM  
The cooking class folks have spoken. One of the requests on our recent survey was international food. So let’s take a culinary trip to Asia and see what kind of yummies we can whip up! Chopsticks provided! Tickets go on sale Jan. 15th at 1 PM through Feb. 7th. Cost is $5. Limited seating.

**THURSDAY'S TALK, Medical Marijuana**

**Thursday, February 13th**: 1:00 - 2:00 PM  
Ohio Grown Therapies will be here to help with the ins and outs of their store and how to go about making any purchases of the now legalized marijuana. Reservations requested by Feb. 6th by calling (740) 345-0821.

**MATTER OF BALANCE, Workshop**

**Every Friday Starting February 14th - April 3rd**: 10:00 - 12:00 PM  
An 8 Week Workshop series designed for those that are not currently physically active and desire to be. In this fun and interactive series, you will learn how to set small attainable goals to increase your physical activity. Through low level exercises you will practice ways to increase your strength and balance. Reservations requested by calling (740) 345-0821.

**HANDMADE CRAFT, Valentine Cupcakes**

**Friday, February 14th**: 10:00 - 12:00 PM  
Join us for a couple of hours, decorating cupcakes with your favorite Valentine design. Reservations requested by Feb. 7th by calling (740) 345-0821. Limited seating.

**NEWSLETTER ASSEMBLY DAY**

**Wednesday, February 19th**: 8:30 - 11:00 AM  
Join us in preparing the March - April Heritage Times Newsletters for mailing. Light refreshments and a lot of socializing! Reservations not required. Stay as little or as long as you like.

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JanuarY - FebruarY evenTS neWark:
HEALTH & WELLNESS, Radon Gas
Wednesday, February 19th: 2:00 - 3:00 PM
Radon gas is something that can cause health problems for all of us. In this class, we’ll learn where it comes from, how it can affect us, and what we can do to minimize our exposure. We will also take a look at radon testing options. Reservations requested by Feb. 12th by calling (740) 345-0821.

MOVIE MATINEE, The Notebook
Thursday, February 20th: 2:00 - 4:00 PM
A Nicholas Sparks movie about a young couple who fall in love in the 1940’s. Reservations requested by Feb. 13th by calling (740) 345-0821.

TUESDAY’S TALK, Cancer Talk
Tuesday, February 25th: 10:00 AM - 12:00 PM
Jill Shaw from The American Cancer Society will be here to discuss different cancers and options of prevention and treatment. Reservations requested by Feb. 18th by calling (740) 345-0821.

FRIDAY FLING, Elvis
Friday, February 28th: 11:00 - 1:00 PM
Nothing says Happy Valentine’s Day like a song named Love Me Tender. Join us as we have Elvis in the house for our February Fling. Tickets go on sale January 31st at 1:30 PM after the fling thru February 21st at Noon. Limit of four tickets per person.

HANDMADE CRAFT, Fairy Garden
Wednesday, March 4th: 1:00 - 3:00 PM
If you’re looking for a fun addition to your indoor space please join us on making your own fairy garden. These enchanting fairy gardens will bring magic into your home. Reservations requested by Feb. 26th by calling (740) 345-0821. Limited seating.

TUESDAY’S TALK, History of Newark’s Mansions
Tuesday, March 10th: 1:00 - 3:00 PM
Join us on Tuesday, as Cory Stutes will be back to talk about the History of some of Newark’s Mansions. Reservations requested by Mar. 3rd by calling (740) 345-0821.

WHAT’S COOKING CLASS, Instant Pots
Wednesday, March 11th: 2:00 - 4:00 PM
Calling all who are seeking information on Instant Pots! These little gems are handier than a pocket on a shirt. We’re going to explore all the ups and downs, and the ins and outs of these awesome kitchen appliances. We’ll be showcasing their versatility and learning how they can make meal preparation quick and easy. Tickets go on sale Feb. 12th at 1 PM through Mar. 6th. Cost is $5. Limited seating.

EVENING ENTERTAINMENT, Greg Dickerson
Thursday, March 12th: 5:30 - 6:30 PM
Join us for a great evening of entertainment with Greg Dickerson as he performs a variety of music in an acoustic session. Reservations requested by Mar. 5th by calling (740) 345-0821.

Important!
New Procedures on our FLING Ticket Sales

Turn to page 3 of the Heritage Times Newsletter to learn about our New FLING Ticket Sales Procedures.
To help speed up the process of getting your ticket we have made some pretty big changes. With these new changes, you will be personally responsible for having your ticket when you plan to attend one of our flings.
We hope this new process will help alleviate some of the stresses in your future fling ticket purchases.

We are pleased to offer these events to Licking County residents age 60 and over. We enjoy sharing our activities and events on our website, social media, and promotional materials. A photo of you may be used on one or more of these platforms.
Volunteer Corner:

By Jennifer Wallace, LCAP Senior Activities Coordinator

Just like other areas over time that have changed so has Volunteerism. No longer do you have to feel as though you are expected to commit to an ongoing project or program. There are a variety of areas and short term roles that will enable you to do different activities. You have the ability to spend your time doing what you enjoy and what matters most to you in either long or short term episodes. There are many activities from which to choose. Some things are as simple as spending time with your friends folding Newsletters. Maybe it’s helping out at a Fling or two to see all the inner workings that go on to pull one off. Or maybe it’s handing out monthly food boxes to those who are in need.

We understand your time and energy is valuable and we respect that. Spending time with us Volunteering should never feel like a “job” We don’t want you to feel obligated or forced to be here. Your only obligation to volunteer with us is to have fun while doing so. I have a challenge for those of you who have not yet volunteered to do so. I can promise that you will indeed enjoy yourself and fill that purpose you have been looking for. If you are interested in volunteering for any of the activities listed below, please contact Jennifer Wallace, Senior Activities Coordinator (740) 345-0821, ext. 216

• Special Events
• Clerical
• Newsletter
• Dining Site
• Custodial
• Activities
• Other (Pet Pantry, Food Box Dist.)

Join the Team of Caring Volunteers at LMH

Licking Memorial Hospital (LMH) has opportunities for caring and compassionate individuals to join the Volunteer Department. Volunteers perform a variety of tasks throughout the Hospital, including greeting community members with a warm smile and helpful attitude and assisting LMH staff members and departments.

Applications are available online at www.LMHealth.org, in the Volunteer Office on the LMH Ground Floor, or at the Licking County Aging Program office. For more information, please contact LMH’s Volunteer Services Manager, Sandy Hanlon at (220) 564-4084.

Stay Tuned For New Trips Information

Thank you to everyone who traveled with us in 2019.

It was a great year of sightseeing, mysteries and new friendships. We would also like to thank Interim HealthCare of Newark for providing all of the snacks on our trips. We look forward to exciting new trips in 2020.

For updates on 2020 trips, please check the trips page at:

http://lcap.org/trips/

or

https://www.lickingcountycc.org/test-product-page
Hidden Talent?
Do you have a hidden talent you would like to share or know someone who does? We are in need of instructors for:
• Line Dancing • Cardio Drumming • Book Club
• Gardening and any ideas you would like to share with us. Please contact Dee Allen at 740-345-0821 ext. 212 and let us know!

Sociable Singles
First Monday of every month, 5:30-7 PM. Contact Linda at (740) 755-5256 for more information.

Something Beautiful
Scripture Study, every Wednesday, 7-9 PM in the Café

Silver Club
Every Thursday, 8 AM in Banquet Room A. $5 p/year fee to help cover supplies.

COMPUTERS
East-Central Ohio Technology Users Club
At the LCCS Center, 123 S. Third St., Newark. Now offering numerous specialized help desks for your technology needs! For more information, please visit www.lccsohio.org.

DANCE
Beginning Line Dancing
Every Monday, 9:30 AM in the Café. $5 per class.

Intermediate Line Dancing
Every Monday, 11 AM in the Café. $5 per class.

Dance Lessons (by Motley Dance Club)
Every Thursday, 5 - 8 PM. Join us for a variety of dancing styles. No experience necessary; all ages welcome. Free for seniors 60 years and over; all others by donation. Contact Everett at (740) 366-5683 for more information.

Motley Dance Club
First and third Friday, 5 - 8 PM. Join us for a variety of dancing styles. All ages welcome. Free for seniors 60 years and over; all others by donation. Contact Everett at (740) 366-5683 for more information.

EXERCISES
Walking Club, Walk4Life, Seniors on the Move
Walkers meet Monday thru Friday at 9 AM at the Indian Mound Mall, at Massey's Pizza Restaurant, in Heath. On the last Wednesday of each month, they meet at 10:30 AM. For more information, contact Linda at (740) 755-5256 for more information.

Chair Yoga (On hold until March)
Every Monday 9:30 - 10:30 AM in the Café
Cost is $2 Per class.

Exercise Class
Exercise every Monday and Wednesday from 1 - 2 PM in Banquet Room A.
Clubs & Organizations Newark:

Tai Chi
Every Tuesday, 9:45 - 10:45 AM in Banquet Room A.

Advanced Tai Chi
Every Tuesday, 10:45 - 11:45 AM in Banquet Room A.

FISHING
Fly Fishermen
Second Monday, 6:30 - 8:30 PM in the Legends Room.

Fly Tying
Third Monday, 6:30 - 8:30 PM in the Legends Room.

Fly Rod Building
Fourth Monday, 6:30 - 8:30 PM in the Legends Room.

Cranberry Marsh Bass Club
Third Thursday, 7:30 - 9 PM in the Dining Room.

MUSIC
Central Ohio Opry Show & Square Dancing
First and Third Monday, 5 - 9 PM.

E.J.’s Country Music Practice
Every Tuesday, 2 - 6 PM in Banquet Room D.

CMFO Show (Country Music Fellowship Organization),
First and Third Wednesday, 5:30 - 9:30 PM in Banquet Rooms A & B.
(Practice, 2nd, 4th & 5th Wednesday, 5:30 PM)

SEWING
Knit Night
First and third Tuesday of each month, 3:30 - 5 PM in Conference Room A/B. Contact Marti Fuller for more information: (740) 641-2492.

Machine Embroidery and Sewing Club
Every Thursday, 9 - 4 PM, in the Arts & Crafts Room. All sewing levels welcome. No fees. Contact Judy (740) 334-7815 for more information.

SPORTS
Chair Volleyball
Every Monday, 9:30 - 11:30 AM and Wednesday, 9:30 - 11:30 AM in Banquet Room A. New members welcome. Suggested donation $1 mo.

Table Tennis
Every Monday, 2:30 PM & Tuesday, 12:30 PM in Banquet Room A. New members welcome.

Senior Miniature Golf League
Granville Golfland. Only $5 per game. Every Friday, April - November, 9:30 AM Contact Dee at (740) 522-2247 for more information.

EDUCATION
PUBLIC SPEAKING Communication Classes
First and third Friday of every month 12-1 PM in Conference Room A/B

BEGINNER’S WRITERS GROUP, The Write Stuff
First and third Friday of every month 1-2:00 PM in Conference Room A/B

PLEASE NOTE: If your club/class has a cancellation, please contact Dee Allen at (740) 345 0821 ext. 212 or by email at dallen@lcap.org.
The Licking County Aging Program is pleased to inform our Licking County Seniors; through a new partnership between the YMCA-Western Branch, COTC-LLI and the Licking County Aging Program, we are now reaching out to our seniors who live in the western part of Licking County. Below are some new and exciting programs the Licking County Aging Program is pleased to be hosting at the Pataskala YMCA Western Branch.

### January 2020

**MINDFUL MEETINGS, Scams & Frauds w/Licking County Sheriff’s Department**  
**Monday, January 13th**: 1:00 – 2:00 PM  
Deputy Dunlap will join us to discuss the latest Scams andFrauds aimed at stealing your hard earned money. Reservations requested by Jan. 6th by calling (740) 345-0821.

**MINDFUL MEETINGS, Let’s talk Nutrition w/Licking Memorial Hospital**  
**Tuesday, January 21st**: 1:00-2:00 PM  
Learn how Nutrition plays a key part in your overall health and well-being with guest speaker, Anne Marie Thacker from Licking Memorial Hospital. Reservations requested by Jan. 14th by calling (740) 345-0821.

**POPCORN AND A PIX, Five Feet Apart**  
**Wednesday, January 29th**: 2:00 - 4:00 PM  
Reservations requested by Jan. 22nd by calling (740) 345-0821. Limited seating!

### February 2020

**POPCORN AND A PIX, La La Land**  
**Friday, February 7th**: 2:00 - 4:00 PM  
Reservations requested by Jan. 31st by calling (740) 345-0821. Limited seating!

**CRAFTERNOON & CUPCAKES, String Art w/Laura**  
**Wednesday, February 12th**: 1:00 - 3:00 PM  
Reservations requested by Monday Feb. 3rd by calling (740) 345-0821. Limited seating!

**MINDFUL MEETINGS, Tech Talk w/Licking County Library, LCL**  
**Tuesday, February 18th**: 1:00 – 2:00 PM  
Have you heard of the words “Hot Spots”? Ever wondered how to download books to your phone or computer? Join us as LCL’s Techspert shares how to do this and more! Reservations requested by Feb. 11th by calling (740) 345-0821.

### March 2020

**POPCORN AND A PIX, The Peanut Butter Falcon**  
**Friday, March 6th**: 2:00 - 4:00 PM  
Reservations requested by Feb. 28th by calling (740) 345-0821. Limited seating!

**MINDFUL MEETINGS, Posture Education w/Rehab and Associates**  
**Monday, March 9th**: 2:00 – 3:00 PM  
Julie Bay with Rehab & Associates, will join us to discuss tips on how to improve your posture and how to help eliminate those aches that can creep up from sitting all day. Reservations requested by Wednesday Mar. 2nd by calling (740) 345-0821. Limited seating!

**CRAFTERNOON & CUPCAKES, Spring Décor Wine Bottles w/Verdie**  
**Wednesday, March 18th**: 1:00 - 3:00 PM  
Reservations requested by Wednesday Mar. 11th by calling (740) 345-0821. Limited seating!

**EVENING ESCAPE ENTERTAINMENT, Benjamin Marshall**  
**Tuesday, March 24th**: 6:00 – 7:00 PM  
Original singer/songwriter performing a medley of music some would describe as folk but definitely with an alternative, indie and pop twist to it. Reservations requested by Mar. 17th by calling (740) 345-0821. Limited seating!

We are pleased to offer these events to Licking County residents age 60 and over. We are always excited to share our activities and events on our social media, website and promotional materials. A photo of you may be used on one or more of these platforms.

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We would love to hear from you!  
Interested in starting a new card club, Chair volleyball, Mah Jong or other fun clubs in Pataskala?  
Call Jennifer Wallace at (740) 345-0821 ext. 216 and let us know!
LCAP Meals Information

LCAP’s Nutrition Department strives to provide a hot, nutritious meal to its clients on weekdays.

All seniors 60 and over are invited and encouraged to join us at our congregate meal sites listed below. Our site coordinators will be playing bingo and other activities as well as serving a hot lunch. Make new friends and learn from the educational presentations. Don’t miss out on this opportunity for fun and fellowship!

Meal reservations or cancellations must be made by 5 PM on the business day prior. Meals are for those 60 and older and residing in Licking County, with a suggested donation of $3. No one is denied a meal for not making a donation. The cost is $6.50 for those under 60.

Newark meal sites:
Heritage Hall Senior Center ....................... 1058 E. Main St.
Terrace Gardens ................................................. 85 W. Church St.
Sharon Glyn Village ......................... 914 Sharon Valley Rd.
Candlewick Commons .............................. 18 S. Third St.

Licking County meal sites:
LEADS Center ............................. on Adams Lane in Pataskala
Ridgeview Manor ............................................. in Johnstown
Oak Hill Manor .............................................. in Utica
The Harbor ......................................................... in Buckeye Lake

Heritage Hall Dining Room
- Join us for daily activities in the dining room at 10:30 AM., including Bingo on Tuesdays & Thursdays.
- Lunch served at 11:30 AM. Monday - Friday.

Commodity Food Boxes
JANUARY distribution will be on Wednesday, January 29th.
FEBRUARY distribution will be on Wednesday, February 26th.

Eligibility is based on household size and monthly income. You must be 60 years of age or older and reside in Licking County.

If you are interested in receiving a box, please pick up an application at the reception desk or call Cheryl at (740) 345-0821 ext. 210.

The meal menu will no longer be printed in the Heritage Times Newsletter. To obtain a copy of the meals menu you can visit us, contact your Meals on Wheels delivery driver, call us here at the Licking County Aging Program at (740) 345-0821, or go on line at www.lcap.org to print a copy. Please note, menu is subject to change.

Nutrition:

By JANIS CLARK, LCAP Nutrition Director

In a recent survey in our wellness class, the topic of radon gas was brought to my attention. It surprised me to learn just how much our area (and the entire country) was effected by the colorless, odorless radioactive gas. The more I read about it and the effect that it can have on our health, the more I felt very strongly that I need to provide our clients with information and awareness to the dangers that it poses. Our February wellness class will be dedicated to this topic. I’ve already begun research on this topic, and here are some of the things I have learned: Radon is caused by the natural breakdown of materials that contain uranium. Radon can be found in high concentration in soil and rock. Outdoors, radon is diluted to such low levels that there is usually nothing to worry about. Once inside an enclosed space such as a home, radon can accumulate depending on the building’s construction and the concentration of radon in the underlying soil. Prolonged exposure can cause lung cancer. So how do we know if we are at risk? There are a variety of tests that can be done to determine if this gas is present in your home. Most homes do not have a problem, but the potential for serious illness is enough of a motivator to take the time and effort to find out for sure. We will be discussing all of these things in more detail in the wellness class, so mark your calendar to join in.
New to Medicare?

**Turning 65 in the next 6 months?** Attend one of our monthly New to Medicare workshops. Register by calling (740) 345-0821 to sign up for the workshop on January 15th at 9 AM or February 19th at 6:30 PM. Reservations are required.

Important Information - New Medicare Cards

Starting January 1st, 2020 health care providers will no longer accept your old Medicare card; you must have the new card. If you need assistance with obtaining your new Medicare card please contact the Licking County Aging Program's Social Services department and we will be happy to help you.

Are You In Need Of Help With Your Winter Chores?

Winter weather is here, and with that inside chores are in full swing! Please call in with requests to schedule the following services:

Inside chores include...

- Wash walls and ceilings
- Wash inside windows
- Weatherproof windows for winter
- Clean woodwork and cupboards
- Clean carpets (Up to 3 rooms, $30 fee)
- Clean behind and under appliances
- Clean dryer vents
- Install smoke/carbon monoxide detectors
- Hang curtains or drapes
- Turn mattress and clean under bed
- Replace furnace filters and light bulbs
- Clean registers, ceiling fans, and fixtures

Please contact us by phone at (740) 345-0821 option 5, for Chores.

Need Some Relief From Caregiving?

Need some respite relief from the demanding responsibilities of being a full-time caregiver? Heritage Hall Adult Day Center is a safe place outside the home where your loved one can experience social interaction and receive health services while under the supervision of our professional staff.

Our Adult Day Center offers social activities, transportation, meals and snacks, personal care, showers, and therapeutic activities to help keep the mind and body active. Our staff is available weekdays from 7:30 AM to 5:30 PM to provide care for your loved one. For further information, please call us at (740) 345-4771. Ask about scheduling a "free day."
LCAP Transportation Services Available To You!

The Transportation Department offers non-emergency medical, and dining site transportation to the seniors of Licking County. There are only two requirements to receive this service: you must be 60 years or older and a resident of the county. Non-emergency medical transportation includes locations such as: doctor’s office, physical therapy, dialysis, prescription pick up, and any government building. Dining site transportation is provided for those seniors who reside within Newark/Heath city limits.

We are excited to announce the hiring of another driver! This allows us more availability with our schedules to accommodate more people! While we are happy to expand our services, please keep in mind that medical appointments take first priority and that all appointments are taken on a first-come, first-served basis. Please provide LCAP with a 5 business day notice for local runs. Out of county runs can be made upon availability.

It is a policy of the Licking County Aging Program not to charge a fee for services. Suggested donation schedules are provided to help defer expenses. But no one is denied services due to an inability to donate. For example, the suggested donation for different medical transport areas are as follows:

One-way in Newark-Heath: $2.50  One-way in Licking County: $5.00  One-way outside county: $10.00

Please contact us by phone at (740) 345-0821 option 5, for the Transportation Department.

Easy Ways to Find out About LCAP Weather Closings This Winter!!

The Licking County Aging Program will be providing several ways to find out if LCAP has cancelled services due to severe weather conditions. When LCAP has cancelled services, you can tune into radio and TV stations such as:

- Radio Stations: 100.3-FM T-100, 1430-AM WCLT, 101.7-FM WNK0, 790-AM WHTH
- TV station: WCMH, NBC4

You may also call us, check our website or find us on Facebook, Twitter and Instagram.

- Phone: You may call the agency at (740) 345-0821 starting at 6:30 AM
- Our website at www.lcap.org
- Facebook "Licking County Aging Program"
- Twitter "@agingprogram"
- Instagram "lcap_lickingcounty"
Thank You For Your Kindness:

Memorials and Honors:

- In memory of Jasper and Liz Pasini by Regina Pasini
- In memory of Teresa Ebert by Roberta Penwell
- In memory of Carl Moran by Linda Davis
- In memory of Alice Kidwell by Gerald Wilk
- In memory of Sallie Sahr by Richard Sahr
- In memory of Carl Moran by Mary J. Wilson
- In memory of Bill Kaiser by Arlene Gentry
- In memory of Wesley "Brad" Bradford by Joel Bradford

Shout Outs: LCAP thanks the following:

- Middleton Senior Living for Sponsoring Newsletter Day.
- Rick & Sue and their new band for the great entertainment at our Veterans Honors Luncheon.
- All our dedicated and spirited Volunteers for helping us show our gratitude and praise for our honorable Veterans.
- Doug Stout from the Licking County Library for joining us as our guest speaker for this year’s Veterans Honors Luncheon and for allowing us the opportunity to showcase some of his historical memorabilia for our veterans to enjoy.
- Jerry McClain Companies for sponsoring our Veterans Honors events and our ever-growing Veterans Wall of Honor.
- Vitas Healthcare for sponsoring the veterans meals at our Veterans Honors event.
- State Farm and their group of elves for helping us “Deck the Halls” and get our building holiday ready.
- Hospice of Central Ohio for sponsoring our Christmas Dance.
- Newark Volleyball Coach and Team for volunteering their evening and spending it with our seniors at the Christmas Dance.
- Denison University, Licking County Task Force on Aging, Revlocal, the Licking Valley Leo Club, Bruckler/Kishler, Newark Care & Rehab, FirstLight, Hospice of Central Ohio, Middleton, and CTEC- Clinical Care Students for helping us package over 1,000 Christmas meals for our seniors in need. Interim Health Care, Home Instead, White Feathers Farms and Silver Club for their donations for this year’s Christmas Bags.

Donations & Memorials

If you would like to donate to the Licking County Aging Program or specifically to one of our many services, please note on your check the service or services you wish to benefit. Some of the services we offer are Meals on Wheels, Dining Sites, Home Services, Transportation, LCAP Foundation, and General.

No donation is necessary for Memorials or Living Tributes. If you wish to include a donation that is fine. Indicate if your listing is a Memorial or Living Tribute. Please list your information on the letter and mail it to Licking County Aging Program 1085 East Main St., Newark, OH, 43055.
With 2019 complete and a completely new year ahead of us, we are setting our goals on a third Veterans Wall of Honor. In November of 2018, we had just filled our first wall and committed to fill the second wall by this last November of 2019. With only a couple spots left open, we feel accomplished in achieving that goal.

We would like to take time to thank everyone who brought pictures and articles in for the second Veteran’s Wall of Honor. In addition to many of our individual photos of Licking County veterans, we were able to incorporate a couple of Company photos. These photos were not in the best of shape so they had to undergo a long restoration process but came out wonderful. This past year we were able to add a few news articles dating back to the Second World War, donated by Licking County Veterans Services. We have more newspapers and are in search of a display panel to install.

This year we are setting our goal on filling a third wall. Please search all of your old family photos, past newspapers, your mother & father’s footlocker and anywhere else for those treasures of our Licking County veterans. We are in need of photos of women in Licking County who served our country! We would love to display and share them with everyone.

We would like to thank our sponsor of the Veteran’s Wall of Honor, The Jerry McClain Companies, which helps make it all possible. The Licking County Aging Program and The Jerry McClain Companies care about honoring service men and women, both past and present. We hope you all benefit from the articles hanging on our walls. If you have not taken the time to visit the Veteran’s Wall of Honor, you are missing some incredible history. Please keep those items coming!

If you or a loved one are able to donate or loan artifacts, photos, or articles to Heritage Hall, please contact Dave Martin, Communications Specialist at (740) 345-0821 ext. 233.

Please take the time to visit our Veterans Wall of Honor, Sponsored by:

We hope you enjoy the Heritage Times. The Licking County Aging Program does not endorse any advertiser in the publication, however, we encourage you to support the advertisers who make this publication possible.
Our Services

Transportation  Personal Care Aides  Meals On Wheels

Adult Day Center  Activities  Chores