

Heritage Times

Vol. 33 No. 2

Heritage Hall Senior Center | Licking County Aging Program

March - April 2021



Staff and volunteers safely pass out commodity boxes.

2020: A Year in Review

Hindsight is 2020 and although the year did not go the way anyone planned, Licking County Aging Program (LCAP) is proud of all that our staff accomplished this past year. Even though Heritage Hall remained closed to the public, we never stopped serving Meals on Wheels to our county's most vulnerable or transporting them to medical appointments. In June, after having some of our services on hold for three months, we were able to restart all of our in-home services. We look forward to being able to reopen Heritage Hall soon, but still wanted to share with you our service numbers from the past year.

Visit page 3 to view the impact we made in 2020.

CVI Merges with LCAP

In December, the LCAP Board of Directors voted to approve a merger with the Licking County Center for the Visually Impaired (CVI). LCAP is happy to announce we have officially taken over operation of CVI at Heritage Hall, and it is now proudly considered a department within LCAP! CVI will continue operating as it always has with the same services, only improved and expanded in its new location and with a new name – the Center for Visual Improvement (CVI).

The article continues on page 3.



WELCOME



Visit our website:
www.lcap.org

Join us on
social media:



Licking County
Aging Program



@agingprogram



lcap_lickingcounty



Licking County
Aging Program

Join our email list:



Visit our website at www.lcap.org and sign up to receive your newsletter along with important updates from us through email.

Our funding partners:



Contact Us

Telephone:

(740) 345-0821
(800) 452-0097

Email Address:

lcap@lcap.org

Street Address:

1058 E. Main St.
Newark, OH 43055

Our Hours:

Office hours:

Monday thru Friday
8:00 AM to 5:00 PM

Building hours:

Due to COVID - 19 the building is currently closed, but we are still providing services.

Our Mission Statement:

To improve the quality of life for Licking County senior citizens by contributing to their independence and healthy lifestyles.

LCAP Staff Directory:

Administration:

Executive Director	Dave Bibler
Associate Executive Director	Melissa Owens
Home Services & ADC Director	April Sharp
Human Resources Director	Shari O'Neill
Food Services Director	Alexandra Brown
Transportation & Facilities Director	Mark Dinsdale
Management Associate	Jessie Jordan

Board of Directors:

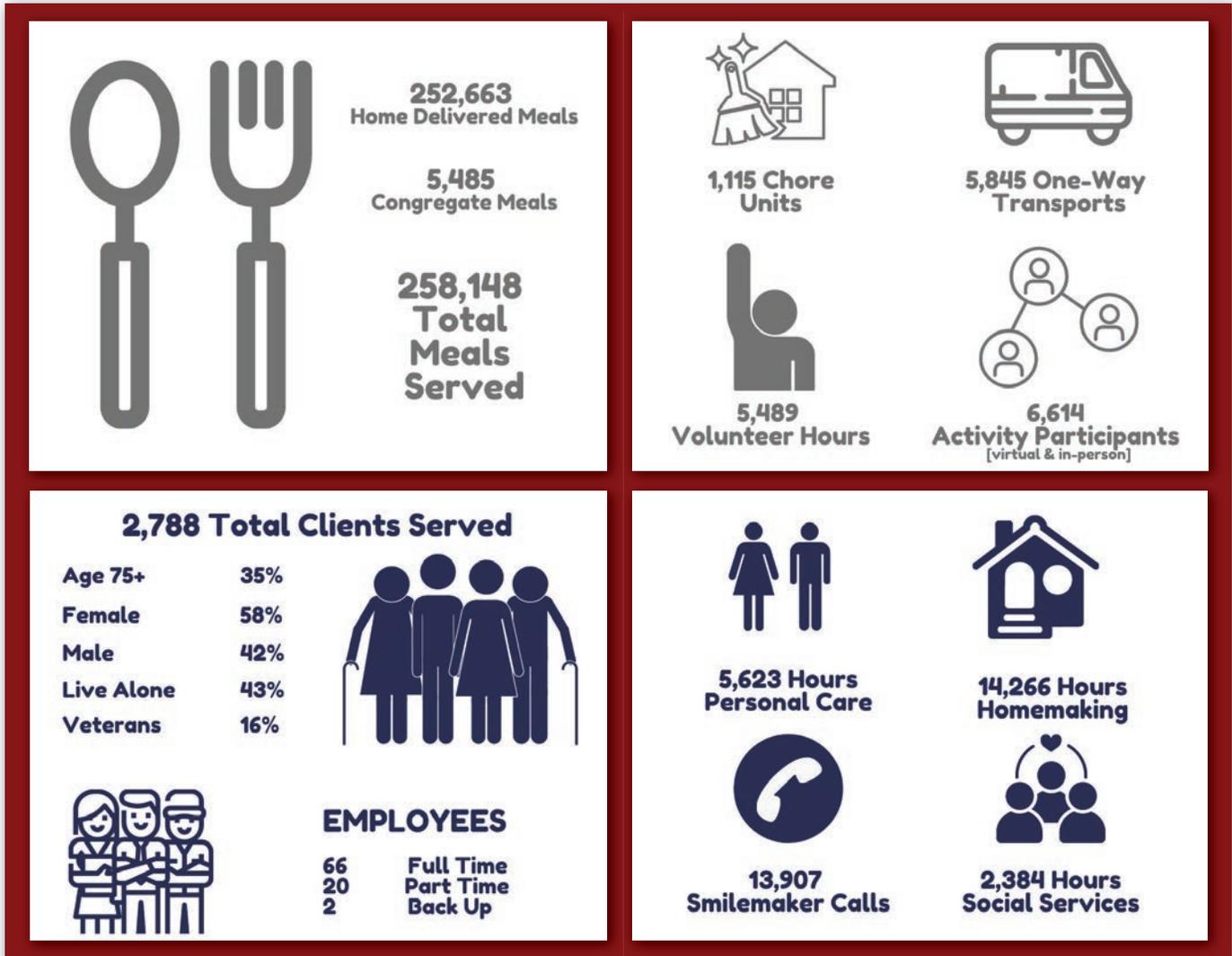
President	Tony Adams
Vice President	Olivia Biggs
Secretary	Erin Kelly
Treasurer	Kelly Wilson
Past President	Candy Wade

Members: Dr. Craig Cairns, Erin Curtis, Todd Dodderer, Brad Feightner, Jr., Rusty Foley, Connie Hogue, David Martin, Dana Moore, Lacie Priest, Tom Scono, Rob Springer, Bethany Stickrad, Bart Weiler, David Wigginton, and Jane Woodland.

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

LCAP SERVICES

Our Impact in 2020



CVI Merges with LCAP *(Continued from front page)*

CVI is grateful to St. Paul's Lutheran Church for providing them an office over 30 years with the ongoing mission to help pay for eye exams and eye glasses as well as provide Low Vision Aids such as closed circuit televisions (CCTV's) and other devices that help people with visual impairments.

This program will be a great addition to the lineup of services LCAP has to offer. CVI will continue to serve all Licking County residents, with the majority of CVI's clients over the age of 60.

To facilitate the merger, longtime employees of CVI, Cheryl and Fred Lentz, have become part of the LCAP team. The CVI office is in the old Arts and Crafts Room at Heritage Hall.

If you or a loved one are in need of eye exams and visual aids, you may visit www.lcap.org or contact the Center for Visual Improvement at (740) 345-0821 ext. 235.

LCAP SERVICES

Home-Delivered Meals

Hot, nutritious meals are delivered Monday – Friday to qualifying seniors throughout Licking County. Each delivery is more than a meal – it is also a daily well-being check and a friendly smile.

Transportation

Professional and courteous drivers are available to transport you throughout Licking County and bordering counties. We can take you to non-emergency medical appointments, hospitals, doctors' offices, vision appointment and pharmacies.

Chores

Let our Chore staff assist you with tasks around your home! We would be happy to help rake and bag leaves, clean windows or gutters, clean your carpets, or help with some inside chores.

Home Services

We have personal care and homemaking services available to those who are in need and eligible. Our homemakers can assist with light housekeeping and meal preparation, while our personal care aides are able to provide showers and baths and respite service for caregivers.

Social Services

Our case manager can assist you with Medicare, Medicaid, housing issues, and Social Security. They have access to valuable resources to provide assistance!

Smilemakers

Our staff makes friendly calls to seniors Monday – Friday. Each call serves as a well-being check, relieves the feeling of isolation, and provides information about valuable resources.



**Call (740) 345-0821
to find out more
about our services**

DID YOU KNOW WE DO THAT?

Medicare Check Up Results

Our Social Services team was able to help 76 clients complete Medicare checkups during Open Enrollment to get them set up for savings in 2021. As a reminder, each year during open enrollment, Medicare beneficiaries have an opportunity to evaluate and change their Medicare coverage. Our Social Service Case Managers are certified volunteers through the Ohio Senior Health Insurance Information Program (OSHIIP), a division of the Ohio Department of Insurance, to help you do this!

\$65,858.41 total savings | 76 clients | average of \$866.55 savings per client!

Make sure to keep an eye out for the 2021 Open Enrollment dates – it will begin October 15. You can't afford to miss this!

AARP Tax-Aide Service

The AARP Tax-Aide service continues to offer free income tax preparation this year at Heritage Hall Senior Center. The Tax-Aide service is staffed by professionally trained volunteers and specializes in helping seniors age 60 and older. They will prepare Federal, State, and School District income tax returns and answer tax questions.

Due to COVID-19, a “virtual” low-contact service is planned for 2021. You will not be permitted into Heritage Hall. Instead, when you arrive for your appointment, you will be required to complete an intake sheet and sign a permission form to allow your documents to be scanned. Your tax return will be completed and returned to you on another day. We appreciate your understanding of this new process to keep everyone safe and healthy.

It is important to bring a copy of last year's tax return and all 2020 income and deduction documents that you have received. You must bring a photo identification card and a Social Security card for all members living in your household.

We will continue taking appointments daily, 8:30 AM - 4:00 PM. Schedule your appointment by calling (740) 641-2387.



EVENTS



To register for any of our events please call (740) 345-0821.

CRAFTS

Spring & Summer Banner

Thursday, March 25th: 1:00 PM

Jen & Shellie with Bankers Life will show us how to make a reversible banner that can be used for spring and summer. This is a live event on Zoom and pre-registration and an email address is required. We will provide you all the needed supplies and further details upon registration. Please RSVP by March 18. Limited space available.



Sun Catcher

Thursday, April 22nd: 1:00 PM

Join us again as Jen & Shellie with Bankers Life show us how to catch some rays with fun and unique sun catchers. This is a live event on Zoom and pre-registration and an email address is required. We will provide you all the needed supplies and further details upon registration. Please RSVP by April 15. Limited space available.

DIY with Dee

Thursday, March 25th: 1:00 PM

Join Verdie from Licking County Recycling and Dee as they demonstrate how to make your very own seed starters to help you prepare for those springtime blooms.

Thursdays, April 1st, April 15th, May 6th, May 20th: 1:00 PM

Tune in to watch Dee as she shows you how to make bird feeders, flower pens and cans, solar powered flowerpots and your very own OSU inspired jewelry.



GAMES

Virtual Bingo

Mondays & Fridays, March 22nd through May 14th: 10:00 AM-11:00 AM

Have some fun and join us for Bingo! We will send you an electronic bingo card and the link to the game after you have registered. Pre-registration and an email address is required at least one full week before each game. Limited space available.

HEALTH & WELLNESS

Nutrition Secrets to Wellness

Wednesday, March 17th: 1:00 PM

Join us for National Nutrition month to discuss healthy food choices and meal planning.

Coping with COVID-19

Wednesday, April 7th: 1:00 PM

We are a year into COVID and all feeling the stress and burden from this pandemic. Let us help you through these times – please join us as we share tips about handling stress during National Stress Awareness Month.



Icon Key:

zoom

Live Events



YouTube



Pre-recorded events that can be viewed any time.

EVENTS

Trail Seekers: *Let's Keep Walking*

Join us as we walk our way to better health on the many beautiful trails in and around Licking County. Lace up those hiking boots and grab a water bottle for the road. Should there be rain, we will instead meet at Massey's Pizza at Indian Mound Mall and continue our walk for the day. Limited spots are available for these hikes.

Wednesday, March 24th: 1:30 PM

Marie Hickey Trail | Address: 4480 Rock Haven Road NE, Newark OH
 Parking Lot Directions: (North parking located off of Rock Haven Road).

Wednesday, April 14th: 1:30 PM

Buckeye Lake | North Shore Boat Launch, Rt 79, Buckeye Lake

Wednesday, April 28th: 1:30 PM

Sand Hollow Hiking Trail | 12558 Sand Hollow Rd., Heath

Wednesday, May 12th: 1:30 PM

Alley Park | 2805 Old Logan Rd. SE, Lancaster

Wednesday, May 26th: 1:30 PM

Killdeer & Yellowlegs Trail | 7680 Wright Rd., Canal Winchester



Disclaimer: Understand that during hikes of the Trail Seekers in which I participate certain risks and dangers may arise including but not limited to hiking or traveling in remote areas, animals, forces of nature, accident and illness. Take note some trails may have uneven footing and rough terrain. The Licking County Aging Program does not undertake and does not have any responsibility for the accuracy of any information it provides or to determine or assure the suitability of any hiker.

TALKS

Healthy Vision Month

Tuesday, May 4th 1:00 PM  

In honor of National Healthy Vision month, please join us for a film about the blind clockmaker. You can view this video on our Facebook page and website.

Tuesday, May 11th 1:00 PM   

Learn about LCAP's newest program, the Center for Visual Improvement.

MUSIC

Evening Entertainment by Gene Perrine

Friday, April 16th: 6:00 PM   

Tonight's entertainment is on us. Sit back relax and enjoy some old time music while walking down memory lane.

Evening Entertainment by Two by Two

Friday, May 14th: 6:00 PM   

Stay in for a night of your favorite songs from a few familiar faces.



EVENTS

TRAVEL

Traveling by the Seat of Your Pants

Join us as we continue traveling the world virtually. Every month we will take you to a different destination and offer events that will allow you to explore a new place. Let's get traveling!

April Destination: GREECE

Greek Ruins, Beaches & More

Tuesday, April 6th: 10:00 AM    kcap.org

Tune in to learn about this month's destination as we continue our journey through Western Europe.



Cook with Us

Tuesday, April 13th: 2:00 PM    kcap.org

Join activity coordinators, Dee & Jen, as they teach us how to make an easy Greek pasta salad.

Virtual Travel Tour: Best Places in Greece

Tuesday, April 20th: 10:00 AM   kcap.org

You can view this video on our Facebook page and website.

Zoom Wine Tasting: Grecian Style

Tuesday, April 27th: 3:00 PM-4:00 PM 

Experience a taste of Greece from the comforts of your home. Engage with your friends while learning notes to your favorite wines. Pre-registration and an email address is required by April 20. All supplies included and additional details given upon registration.

May Destination: SPAIN

Bienvenidos a España

Tuesday, May 4th: 10:00 AM    kcap.org

You can find food, culture, history and more in Spain!



Cook with Us

Tuesday, May 11th: 10:00 AM    kcap.org

¡Tiempo para comer! (Time to eat) Dee and Jen are back to show you how to prepare Spanish rice.

Virtual Travel Tour: Burgos Cathedral

Tuesday, May 18th: 10:00 AM   kcap.org

Wow, what beauty and history contained in one building! You can view this video on our Facebook page and website.

Zoom Wine Tasting: Spanish Flare

Tuesday, May 25th: 3:00 PM-4:00 PM 

Experience a taste of Spain from the comforts of your home. Engage with your friends while learning notes to your favorite wines. Pre-registration and an email address is required by May 18. All supplies included and additional details given upon registration.



EVENTS

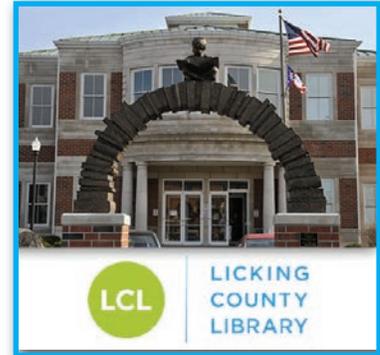
TECH HELP

ZOOM Clinic

Tuesday, March 16th
Thursday, March 18th
11:00-5:00 PM

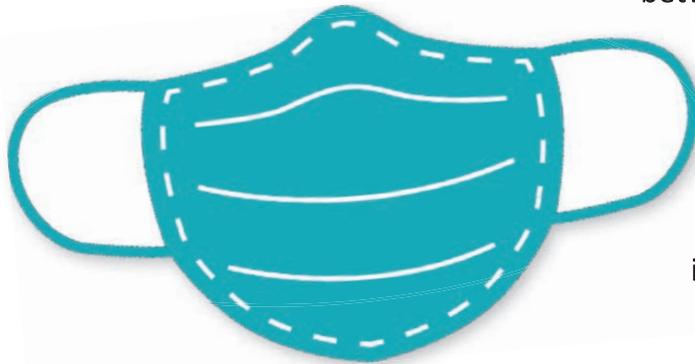
Tuesday, April 6th
Thursday April 8th

Need help connecting with Zoom? The Licking County Library, 101 West Main Street in Downtown Newark, will be offering 45 minute appointments with a Tech Trainer to learn how to Zoom. Bring your own personal device – cellphone, laptop, or tablet – with you. Tech trainers will walk you through this platform and how to use it to connect with others. We will have you connecting with your family and friends in no time! Please reserve your appointment by March 11th (for one of the March dates) and April 1st (for one of the April dates). Limited space available.



Mask Giveaway

LCAP has received a variety of face coverings from several agencies and we would like to distribute these to our Licking County senior citizens. Please visit LCAP on **Thursday, March 18** between 9:00 a.m. and 11:00 a.m. You will stay



in your vehicle and drive through as directed and a LCAP staff member will hand you a package of masks. We hope you can utilize these masks so that you can stay safe in your home, but also when you need to go out in the community.

Commodity Food Boxes

MARCH distribution will be on **Wednesday, March 31st**

APRIL distribution will be on **Wednesday, April 28th**

For more information on receiving a box, please call (740) 345-0821.



Next Holiday Closings:

Memorial Day **Monday, May. 31st**

Independance Day **Monday, July 5th**

Labor Day **Monday, Sept. 6th**

Next Newsletter Day:

Wednesday, April 21st

SOCIAL SERVICES

Coping with Stress

April is National Stress Awareness Month and although stress is a normal part of life, many are experiencing extreme amounts during the current pandemic. It is important to be able to identify the signs, as well as address your stress in a healthy way. What follows are some of the behavioral, physical, emotional and cognitive responses that are signs of stress and anxiety.



YOUR BEHAVIOR:

- Increase or decrease in your energy
- Increase in your alcohol or tobacco use
- Increase in irritability, outbursts of anger
- Trouble relaxing or sleeping
- Crying frequently
- Worrying excessively
- Wanting to be alone most of the time

YOUR BODY:

- Having stomachaches or diarrhea
- Having headaches and other pains
- Losing your appetite or eating too much
- Sweating or having chills
- Tremors or muscle twitches
- Being easily startled

YOUR EMOTIONS:

- Being anxious or fearful
- Feeling depressed
- Feeling guilty
- Feeling angry
- Not caring about anything
- Feeling overwhelmed by sadness

YOUR THINKING:

- Having trouble remembering things
- Feeling confused
- Having trouble thinking clearly and concentrating
- Having difficulty making decisions

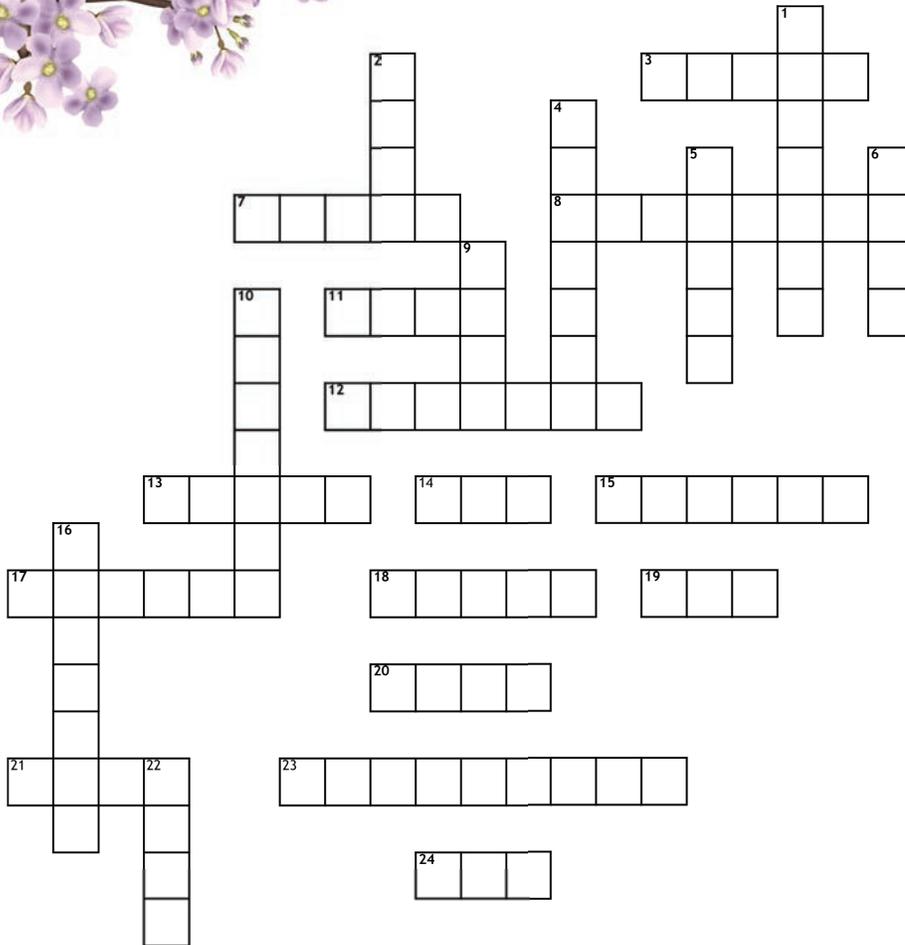
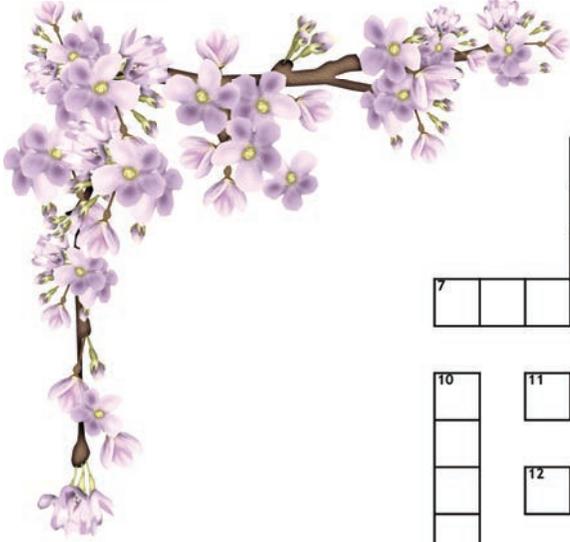
Know How to Relieve Stress by Keeping Yourself Healthy

- Treat yourself to healthy foods and get enough sleep
- Take breaks to relax and unwind through relaxation exercises, hobbies, taking a bath, reading or listening to music
- Find new ways to connect with family and friends, share your feelings
- Take care of your body and “get moving” to lessen fatigue, anxiety or sadness

If you or someone you know shows signs of stress for several days or weeks, or threatens to hurt or kill him or herself or someone else, contact one of the following right away:

- National Suicide Prevention Lifeline: (800) 273-8255 or text HELLO to 741741
- VA Crisis Line: (800) 273-8255, #1 or text 838255 or
- Local crisis hotline and information center 2-1-1: Call (740) 345-HELP or text your zip code to 898211

SPRING WEATHER CROSSWORD PUZZLE

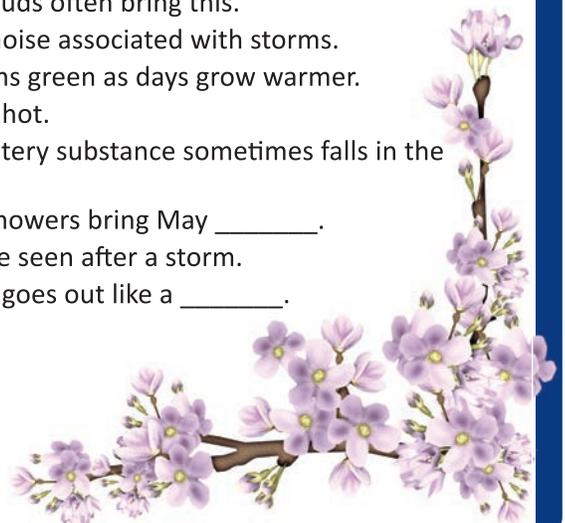


Across

3. I may be white and puffy or dark and threatening.
7. If its foggy in the morning, it will be _____ in the day.
8. Its supposed to rain today. Take an _____ .
11. March comes in like a _____ .
12. March winds bring April _____ .
13. These bud with new leaves in early spring.
14. This gives light to help plants grow.
15. No matter how long this season lasts, spring is sure to follow.
17. Rain _____ the earth.
18. Hold on to your hat. It's _____ today.
19. _____ makes it hard to see.
20. It makes kites fly.
21. Not too cold.
23. Flashes in the sky.
24. Rain mixed with dirt.

Down

1. Rain leaves these behind on the ground.
2. Dark clouds often bring this.
4. A loud noise associated with storms.
5. This turns green as days grow warmer.
6. Not too hot.
9. This wintery substance sometimes falls in the spring.
10. April showers bring May _____ .
16. I can be seen after a storm.
22. March goes out like a _____ .



VOLUNTEERING



Hello Friends,

Wow, here we are almost a year later in this pandemic. Daily the messages change, hourly the count is tallied and weekly we are reminded of how precious our lives and time are to us. When I think about that, I personally take stock of how I am spending my time. What an eye opener – I was spending a lot time being selfish and little being selfless.

As some of you may know, late last year we sadly lost one of our most loyal, kind hearted and compassionate volunteers at LCAP, Veronica Sforza. Not only was Veronica one of our best, but personally she was also a friend. Losing Veronica triggered the thoughts I shared above. I know that, even in her last days, she had us in her heart and mind. She often wondered when she would be able to return and spend time with her friends while giving back. If that does not speak to loyalty, I don't know what does.

Veronica is just one example of what kind of volunteers we have at LCAP. I am sharing the poem below because you truly are "Everyday Heroes." Without your dedicated service, compassion and selflessness we would not have gotten through this year. You are truly an inspiration to others and me on how to make a difference. With that said, I will not let the passing of Veronica or the loyalty you demonstrate be in vain. I will continue to challenge myself to serve others as you serve us and to exhibit the compassion, dedication and loyalty you all teach.

Peace and happiness to all of you – stay safe and see you soon!

Jennifer Wallace, Senior Activities Coordinator



Everyday Heroes

Here's to the everyday heroes,
The volunteers who do what they can,
To ease the suffering of others,
And be of service to their fellow man.
May they know the true satisfaction
That comes from helping others
Less fortunate than themselves,
But no less their sisters and brothers.
May they feel the gratitude in our hearts
For all of the good that they've done.
The appreciation that we all feel for them
Is truly second to none.

Author Unknown

DONATIONS AND MEMORIALS

Your Support is Appreciated

We are often asked why we need contributions and donations for services that we provide. Although we have various funding sources available to us, they do not pay the entire cost for us to provide the service.

We are extremely fortunate that we have a taxpayer approved levy that provides support for most services available from the Licking County Aging Program. For our LCAP clients who cannot afford to make a donation towards the cost of the services they receive, we can use the levy funds to partially fill the gap between what it costs us to provide the services and what we are reimbursed. If it is possible for you to make a donation for any of the services you receive, it will enable us to serve more seniors.

If you receive our services, donations can be made daily, weekly or monthly, whatever is most convenient for you. Our employees carry with them tamper proof donation envelopes in which you can place your contribution and receive a receipt as well. If you would like to donate to LCAP or one of our many services specifically, or if you would like to donate in memory or honor of an individual, please make a note on your check so we may designate your gift accordingly. You can mail your donation to us at 1058 East Main Street, Newark, OH 43055.

Thank you for helping us continue our mission!

In Memory Of:

- Teresa Ebert by Roberta Penwell
- Veronica Sforza by Roberta Sforza
- Veronica Sforza by Cathy Miller
- Veronica Sforza by Susan Lehmkuhle
- Veronica Sforza by Mary Lindsey
- Veronica Sforza by Lovona Parkhill and Kellie Tanner
- Veronica Sforza by Theodore Rey
- Veronica Sforza by John Sellers
- Veronica Sforza by Newark Street Department
- Marilyn Porter by Michael Bankes
- Betty Grove by Stephen Sergio
- Betty Grove by Newark Granville Ladies League
- Betty Grove By John and Toni Burkart



COMMUNITY

Let Us Help with That!

The dictionary defines a chore as “an unpleasant but necessary task.” No one loves chores, but at LCAP it’s our job to help you with yours! While it is too cold to go outside, we would love to help you with any indoor tasks that need some attention. Some everyday jobs we can help you with include:

- Clean behind appliances and/or cabinets and wash walls
- Clean dryer vents to prevent fire hazard
- Hang curtains, drapes, or blinds
- Replace furnace filters (client must provide filter)
- Install smoke detectors and/or carbon monoxide detectors (client must provide detectors)
- Wash inside windows
- Carpet cleaning (suggested donation of \$30 for three rooms)



To be eligible to receive help with your chores, individuals need to be a Licking County resident over the age of 60, unable to perform handyman tasks, and have no other visible resource persons willing to provide needed service. Call (740) 348-0921 ext. 217 to schedule an appointment with our Chore team.

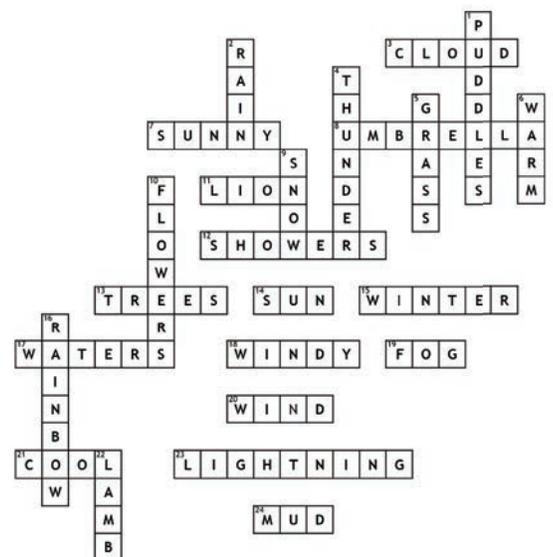
Stay Connected with News and Happenings at Heritage Hall!

You can never tell what the weather will be like this winter season, especially in Ohio! However, LCAP will be providing several different ways seniors, staff, and volunteers can stay connected and find out if LCAP has canceled services due to severe weather conditions.

You can tune into:

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

Crossword Answer Key



THANK YOU FOR YOUR KINDNESS

Shout Outs

- Christmas Bag volunteers – all that delivered, packaged or helped in any way. We wouldn't have been able to distribute over 900 meals and packages without you!
- The Licking County Library for collaborating with us on our Zoom Clinics.
- Verdie Abel with Licking County Recycling for joining Dee with her DIY projects.
- Middleton Senior Living for sponsoring Newsletter Day.
- The Licking County Humane Society for providing pet food donations to give our seniors with pets.
- Juliet Bay from Rehab and Associates for helping to keep our seniors active and fit through her monthly videos and tips she continues to provide.
- Newsletter volunteers – this group might be small at the moment but, they still pack a punch. Thank you for your continued support!
- Central Ohio Area Agency on Aging (COAAA) for the 1,800 care bags donated.
- Amazon for their continued donations for our essential boxes distributed to our seniors.
- Sean McClanahan for being our trusty "Amazon Pickup Driver."
- Chuck Moore and the Food Pantry Network for assisting in the transportation of our Amazon donations.
- The Amazon package crew for their help in getting these boxes out to our seniors. Thank you, Linda Wright, Mary Hazlett, Marty Cooper, Donald & Janet Cox, Bill & Joyce Merrill, and Faye Landis.
- Food box distribution volunteers Jim Holton, Donald Cox and Tom Colopy. Thanks for braving the cold and your help in providing these much needed boxes to our community.

Contribute To Our Veteran's Wall of Honor

If you or a loved one is able to donate or loan artifacts, photos, or articles to Heritage Hall, please contact Dave Martin, Communications Specialist at (740) 345-0821 ext. 233. We would treasure anything you could share with us!



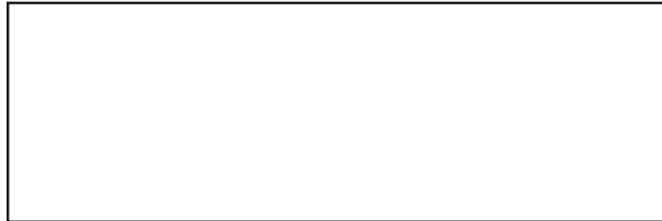
The Jerry McClain Companies
BUILDING YOUR FUTURE TODAY

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.

Licking County Aging Program
Heritage Hall Senior Center
1058 E. Main St.
Newark, OH 43055

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43055

RETURN SERVICE REQUESTED



Spring is Coming!

LCAP  Licking County
Aging Program

