

Heritage Times

Vol. 34 No. 2

Heritage Hall Senior Center | Licking County Aging Program

March-April 2022

March for Meals



Licking County Aging Program is a member of Meals on Wheels America, which is celebrating 50 years of success. In an effort to celebrate with them and garner the support needed to ensure these critical programs continue to address food insecurity and malnutrition, combat social isolation, enable independence, and improve health for years to come, our organization will be participating in the March for Meals Celebration.

To contribute and bring awareness to our community, we have invited local leadership of Licking County to volunteer their time and help deliver meals from March 21 - 25. Home meal delivery is the service upon which LCAP was founded. According to Meals on Wheels America, before the coronavirus pandemic, nearly 9.7 million seniors were threatened by hunger, 5.3 million of whom were food insecure or very low food secure. Those numbers have only increased since the pandemic began in 2020, and we are honored to have been the resource so many have relied on throughout the last 50 years.

Join us in celebrating 50 years of Meals on Wheels, just before LCAP will be celebrating 50 years serving this community in September.

Partnership with Origo Branding

We have shared details about our preparation for 2022 and our approaching 50th birthday celebration. With the assistance of a committee of community members, LCAP has selected a branding company to work with, as we focus on a new look for the next 50 years. Origo Branding, based in Columbus, Ohio, will help survey the community, ask hard questions, and evaluate how well LCAP is represented in Licking County. Origo is an expert in its industry, will research the opinions of the community, and help LCAP continue to meet the needs of Licking County older adults. We are excited to see how they will help move our mission forward into the future.



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

Email Address:
lcap@lcap.org

Street Address:
1058 E. Main St.
Newark, OH 43055

Office and Business Hours:
Monday - Friday
8:00 AM to 5:00 PM

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	Melissa Owens
Client Services Director	April Sharp
Human Resources Director	Shari O'Neill
Operations Director	Mark Dinsdale
Community Engagement Director	Jessie Jordan
Management Associate	Devan Tucker

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.

2021 IMPACT



It was a pleasure to serve you in 2021. Below are some of the many services we provided.

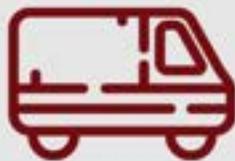
89 Employees. 59 full-time and 30 part-time or back up

3,700 Clients served

232,149 TOTAL MEALS SERVED

227,504 **HOME DELIVERED MEALS** AND 4,645 **CONGREGATE MEALS**

6,675 One-Way Transports



8,870

Smilemaker Calls



1,912 Chore Units

1,363

Well Checks

1,050 Clients assisted by Social Services



6,937 Activity Participants (virtual & in-person)

5,489 Volunteer Hours



19,125.5 Hours of Homemaking

6,937.5 Hours of Personal Care

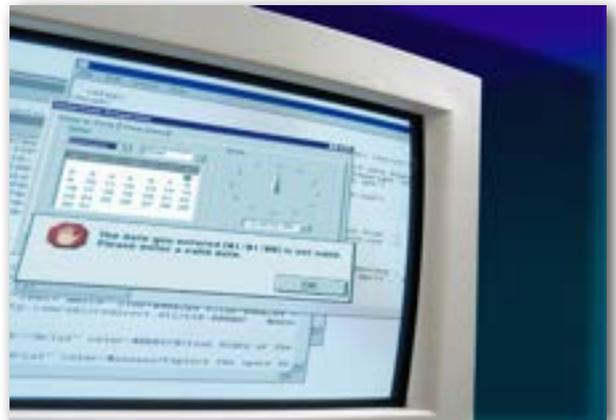
ABOUT LCAP

LCAP is gearing up to celebrate our 50th birthday this year, and we think it is important to review our history with our clients and supporters. Staff receive a lot of questions about our organization and how it operates. Make sure you read each edition of the Heritage Times as we share our story with you over the next year.

A New Millennium for LCAP

As we continue our journey through history, we find that the 2000s molded our agency into the LCAP we recognize today.

2000: LCAP inherited the Smilemaker program from the YWCA when they closed their doors to the public. Over twenty years later, our Smilemaker is still making calls to those who need it.



2001: LCAP partnered with the Central Ohio Area Agency on Aging (COAAA) for the Caregiver's Grant Program, and launched the holiday gift basket program known as the Christmas Bag program today.

2002: LCAP celebrated its 30th anniversary, and added a Caregiver Support Group in collaboration with Hospice of Central Ohio.

2004: Licking County residents passed the next senior services levy, which increased from 0.7 mills to 0.9 mills.

2005: LCAP launched a website, and Zerger Hall received a face lift with new carpet, ceiling tiles, and fresh paint.

2006: LCAP received a grant from Osteopathic Heritage Foundation to purchase an emergency generator to operate the entire building, a wheelchair-accessible mini-van, kitchen equipment, and laptops for case managers.

2008: A challenging year for the nation, as the United States economy crashed. A 0.3 mill bond issue to build new senior centers in Newark and Pataskala was defeated by voters, so LCAP raised the suggested donation levels to cover increased expenses.

2009: The Senior Services Levy was up for renewal, and voters narrowly passed a 0.9 mill replacement levy plus an additional 0.3 mill increase. LCAP also received two grants to purchase meal electronic tracking systems and hot/cold meal carriers from the Licking County Foundation and State Farm Good Neighbor Day grant.

EMPLOYEE SPOTLIGHT



Mike Offenburger - Medical Driver

Mike began his career at LCAP in 2015 as a medical driver, after a referral from Ned Dean. Before LCAP, Mike worked his way up from being a carry-out boy to the assistant manager at Big Bear. We are very grateful to have someone as hard-working as Mike to take care of our clients on the roads.

Who has influenced you most when it comes to how you approach your work?

My grandfather taught me you have to work hard to have anything in life.

What energizes you at work?

I am retired, so working at LCAP is a great way for me to get out of the house and to stay active!

How do you define success?

I would define success by working hard. If you get knocked down, get back up and try harder.

Angie Zigan - Case Manager

Angie joined LCAP in 2014 as a Case Manager. Angie's favorite part about working at LCAP is working with Licking County seniors. We are so grateful to have someone like Angie, who has developed her work ethic through her grandmother's influences.



What have you gained from working at LCAP?

I have met a lot of great clients over the years and have been able to listen to their stories and learn from them.

Who has influenced you most when it comes to how you approach your work?

My grandma taught me to work hard. I learned many things from her, but wish I would have paid more attention to the little things (like her delicious meatballs and spaghetti sauce)!

What was your favorite vacation?

My favorite vacation was when I went to the 1996 Summer Olympics in Atlanta, Georgia. I was able to see Michael Johnson win a Gold Medal in the men's 200m and set a new world record!

To stay up to date with LCAP news, follow us on Facebook @LCAPOhio - and let us know how we can improve our page! We will also be starting to publish more on our Instagram page @lcap_lickingcounty, make sure to give us a follow!

EVENTS

EDUCATION

Scam & Fraud Schemes with Sheriff Deputy Karen Dunlap

Monday, March 7th, 12:30 - 1:30 PM

Cutting the Cord with the Licking County Library

Tuesday, March 8th, 3:00 - 4:30 PM

Geology for Seniors with Alan Belasco Session 1

Thursday, March 10th, 1:00 - 2:30 PM

Nutrition Nuggets with Michelle Duffy, OSU Extension Office

Friday, March 11th, 11:30 AM - 12:30 PM

YMCA360 Fitness App and Membership with YMCA

Monday, March 14th, 10:00 - 11:00 AM

"Gardening: A Growing Addiction" with Jo Ann Wiblin

Friday, March 18th, 1:00 - 2:30 PM

Spring Safety Tips, Fire Marshal Education

Tuesday, April 5th, 11:30 AM - 12:30 PM

Nutrition Nuggets with Michelle Duffy, OSU Extension Office

Friday, April 8th, 11:30 AM - 12:30 PM

Library Apps with the Licking County Library

Tuesday, April 12th, 3:00 - 4:00 PM

Driving Safely While Aging with Sheriff Deputy Karen Dunlap

Wednesday, April 20th, 12:30 - 1:30 PM

Geology for Seniors with Alan Belasco Session 2

Thursday, April 21st, 1:00 - 2:30 PM

Home Safety with Sheriff Deputy Karen Dunlap

Monday, May 4th, 12:30 - 1:30 PM

EVENT REGISTRATION

All our events require a head count so that we have enough supplies and seats for you!

Please call (740) 345-0821 to register.

FITNESS

Chair Exercise

Mondays and Wednesdays, 1:00 - 2:00 PM

Chair Dancing

Tuesdays, 1:00 - 2:00 PM

High-Impact Exercise

Thursdays, 1:00 - 2:00 PM

Cardio Drumming

Fridays, 1:00 - 2:00 PM

COOKING & BAKING

Cooking with LMHS Chef Brian

Tuesday, March 15th, 2:00 - 4:00 PM

Cake Decorating

(Please bring your own single layer cake)

Monday, April 25th, 10:00 - 11:30 AM

BREAKFAST & LUNCH CLUB

1st Tuesdays are Breakfast & 3rd Tuesdays are Lunch

Big Apple Cafe

Tuesday, March 1st, 9:00 - 11:00 AM
1283 Log Pond Drive, Newark

Pizza Cottage

Tuesday, March 15th, 11:00 AM - 1:00 PM
969 Mt. Vernon Road, Newark

Coffee Shack Coffee Roasters

Tuesday, April 5th, 9:00 - 11:00 AM
409 S. 22nd Street, Suite 3, Heath

Sunset Inn Restaurant

Tuesday, April 19th, 11:00 AM - 1:00 PM
1060 National Road SE, Hebron

Cottage Restaurant

Tuesday, May 3rd, 9:00 - 11:00 AM
2710 West High Street, Hanover

EVENTS

GAMES

Bingo

Tuesdays & Thursdays, 10:00 - 11:30 AM

Pictionary

Monday, March 7th, 10:00 - 11:30 AM

Wii Bowling

Wednesday, March 16th, 10:00 - 11:30 AM

Jeopardy

Wednesday, March 23rd, 10:00 - 11:30 AM

Tenzi Dice Game

Thursday, March 31st, 2:00 - 3:30 PM

Pictionary

Monday, April 4th, 10:00 - 11:30 AM

Billiards/Pool

Monday, April 11th, 2:30 - 4:00 PM

Table Shuffleboard

Friday, April 22nd, 2:30 - 4:00 PM

Scrabble

Thursday, April 28th, 1:00 - 2:30 PM

Yahtzee

Monday, May 9th, 10:00 - 11:30 AM

MOVIE MATINEE

Hitch

Wednesday, March 9th, 1:00 - 3:00 PM

Miss Potter

Monday, March 28th, 1:00 - 2:30 PM

Aviator

Wednesday, April 6th, 1:00 - 4:00 PM

Joe Somebody

Friday, April 15th, 1:00 - 3:00 PM

The Devil Wears Prada

Wednesday, April 27th, 1:00 - 3:00 PM

Freaky Friday

Friday, May 6th, 1:00 - 2:30 PM

ENTERTAINMENT

Heath High School Band

Wednesday, March 9th, 9:30 - 10:30 AM

LUNCH AND A SHOW

Gene Perrine

Thursday, March 3rd, 11:30 AM - 12:30 PM

Thursday, April 7th, 11:30 AM - 12:30 PM

Thursday, May 5th, 11:30 AM - 12:30 PM

ART & CRAFTS

String Painting Art

Wednesday, March 2nd, 10:00 - 11:30 AM

Handmade Cards - Birthday,

St. Patrick's Day and Thank you cards

Friday, March 4th, 9:30 - 11:30 AM

Perpetual Calendar

Wednesday, March 9th, 10:00 - 11:30 AM

Glasses Lanyard

Thursday, March 17th, 2:00 - 3:30 PM

Book Folding Class with Kicks Mix Bookstore

Thursday, March 24th, 2:00 - 4:00 PM

\$5 per person, limit 10 attendees

Bubble Abstract Art

Friday, March 25th, 10:00 - 11:00 AM

Polymer Clay Jewelry

Tuesday, March 29th, 2:00 - 3:30 PM

Mask Decorating

Friday, April 8th, 10:30 - 11:30 AM

Spring Floral Tea Towel

Monday, April 18th, 2:30 - 4:00 PM

Book Folding Class with Kicks Mix Bookstore

Wednesday, April 20th, 10:00 AM - 12:00 PM

\$5 per person, limit 10 attendees

Basket Weaving

Friday, April 22nd, 10:00 - 11:30 AM

Bleeding Tissue Paper Art

Tuesday, April 26th, 2:00 - 3:30 PM

CLUBS & ORGANIZATIONS

Clubs that meet at Heritage Hall are not affiliated with the Licking County Aging Program. Please stop by Heritage Hall during their meeting times to learn more about them.

HOBBIES

Beginning Art Lessons

Fridays, 1:00 - 3:00 PM

\$10 per class.

Call Dee Hall at (740) 323-5940

Sewing Club

Wednesdays, 9:00 AM - 12:00 PM

Beginner Writers Group: The Write Stuff

First and third Friday of every month,

1:00 - 2:30 PM

Chair Volleyball

Mondays and Wednesdays, 9:30 - 11:30 AM

New members welcome.

Suggested donation \$1/month.

Table Tennis

Mondays and Tuesdays, 2:30 - 4:30 PM

New members welcome.

COMPUTERS

Licking County Computer Society (LCCS)

LCCS Resource Center, 123 S. 3rd Street, Newark.

Offering numerous help sessions and classes

for your computer, tablet, and smartphone. For

more information, call (740) 348-5978.

CARDS & GAMES

High Rollers (*Dice game*)

Monday - Friday, 12:30 - 3:00 PM

Monday Hand & Foot Canasta

Mondays, 1:00 - 4:00 PM

Sunrise Senior Euchre Club

Tuesdays, 12:30 - 4:00 PM

Mah Jong

Tuesdays, 1:00 - 4:00 PM

Tuesday Duplicate Bridge

Tuesdays, 12:00 - 4:00 PM

Thursday Euchre Club

Thursdays, 12:30 - 3:30 PM

Double Pinochle

Fridays, 12:30 - 4:00 PM

ORGANIZATIONS

NARFE (*National Active & Retired*

Federal Employees)

Second Tuesday, 10:00 AM - 12:00 PM

SERS/PERS (*School Employee Retirees System/*

Public Employee Retirees System)

Third Thursday, Bi-monthly

10:00 AM - 12:00 PM

Commodity Food Boxes

MARCH distribution will be on **Wednesday, March 30th**

APRIL distribution will be on **Wednesday, April 27th**

Boxes can be picked up between 9:00 AM - 11:00 AM. For more information on receiving a box, please call (740) 345-0821.



Upcoming Holiday

Closings:

Memorial Day May 30th

Juneteenth (observed) June 20th

Newsletter Day:

Wednesday, April 20th

SPECIAL EVENTS

CVI Spaghetti Dinner



Tuesday, March 22nd, 4:30 – 6:30 PM

Spaghetti dinner this way! Join us for a night honoring the history and celebrating the future of the Center for Visual Improvement. Bring the whole family for an easy meal and support a great cause. Dine in our Banquet Rooms and learn about how this service has grown, and what technology is available for those struggling with their vision loss. There is a \$5 suggested donation per ticket, and tickets can be purchased at the door, or by calling 740-345-0821. Carryout meals are also available.

MASK-uerade Senior Prom

Thursday, April 14th, 5:30 – 7:30 PM

Come join us for an entrancing MASK-uerade Dance. Come dressed to kill, decorate your face mask to match, and enjoy the mystery of the night with your friends. Ticket sales begin **Monday, March 14th at 9:00 AM** and are \$2 per ticket.

Need help or want inspiration for decorating your mask? Join us **Friday, April 8th, 10:30 - 11:30 AM** to try different embellishing and beautifying techniques for your mask!



Thank you to our event sponsors:



Senior Health and Wellness Expo

Co-hosted by the Licking County Library



Wednesday, May 11th, 9:00 – 11:30 AM

Visit with and speak to 40 local businesses that are dedicated to all aspects of your health and wellness. This is your chance to explore the resources available to you in Licking County, with the majority of their services provided free to the community. Look forward to prize drawings, musical entertainment by Greg Dickson, goody bags, and snacks to enjoy!

NATIONAL SOCIAL WORK MONTH

Recognizing Social Services in March

The history of the social work profession dates back to the late 19th century to ensure that immigrants and other vulnerable people gained tools and skills to escape economic and social poverty. The policies and programs created by social workers throughout United States history sought to give more people, regardless of life circumstances, the opportunity to cope with and overcome obstacles in their everyday lives. Today, social workers work in a variety of settings such as hospitals, nursing homes, schools, and with law enforcement, veterans, mental health, and social service agencies and aging programs such as the LCAP.

In 2021, our social workers provided services to 1,050 unduplicated clients. They worked directly with clients and their families to provide support, direction and guidance in many areas, including assisted living facility or nursing home selection, Medicare and Medicaid, insurance and notary services, case management, crisis intervention, referrals for housing repairs and other intervention areas as needed. The social workers also oversee LCAP's emergency funds that assist clients with needs such as utility disconnections, replacement of appliances, hearing aids, auto repair and the providing of incontinence items.

Our social workers are trained and certified by the Ohio Department of Insurance's OSHIP Program, which provides them with the knowledge base to assist older adults with Medicare and Medicaid plans. Each month a "Medicare for Beginners" program is presented by the social workers for those contemplating retirement. Appointments are required, as walk-in assistance is not available. Contact LCAP Social Services at 740.345.0821, ext. 260.



Social Services Assistant, Bethany Swetnam, and Social Services Manager, Linda Havens, are eager to serve Licking County residents - call them today!

It's a privilege to be able to bear witness to someone's story when they may not have had the chance to tell it before.

-Lindy Alexander

MEALS ON WHEELS

Connecting Our Community with a Meal

The mission of our nutrition department is to provide you with healthy, balanced meal options. Our menus are designed with our clients in mind, designed with familiar favorites and a mix of new-fangled recipes to mix it up. Making smart choices about what you eat and drink is vital to your overall well-being.



Monday through Friday, LCAP delivers delicious meals to seniors in their homes. We also offer a social meal environment within a few of your neighborhood community centers. At each meal site we play games, enjoy musical entertainment, and share updates on what is happening in their area, as well as provide education on resources available to support their independence.

We add new clients to our nutrition program every day, and we currently serve an average of 875 per day. Occasionally there are leftovers, so we have a special partnership to make sure that none of our food ever truly goes to waste.

We are proud to partner with the Licking County Coalition of Housing (LCCH) to provide meals to families in need within our community. Every day we serve seniors lunch, we package our leftover servings for collection by a LCCH volunteer at the end of our workday.



LCCH provides a wide variety of housing services to homeless and low-income members in our community. With the operation of over 40 units of transitional housing for homeless families and individuals, LCCH serves nearly 80 households (including more than 100 children) every year.

Your Favorite Meals

What meals are you loving? Based on menus and requests the past 6 months, these are the current favorites of our Meals on Wheels clients:

1. Scalloped Potatoes with Ham
2. Cheeseburgers
3. Ham & Bean Soup
4. Chef Salad
5. Sausage, Egg & Cheese Croissant

Meal Submission

We want to know your favorite recipe! As we celebrate the 50th anniversary of March for Meals, we will be accepting submissions of recipes from our clients and one will be chosen to be a featured meal in our May menu. To submit a recipe, ask your Meals on Wheels driver for a submission form! Deadline to submit is March 31.

EDUCATION: STAY ALERT

Avoiding Supplement Scams

If it sounds too good to be true, it probably is. We all wish there was a simple solution to what ails us, but rarely are supplements the answer to our prayers. Here are six tip-offs to help you identify whether a supplement company is trying to take advantage of you.



One product does it all. Be suspicious of products that claim to cure a wide range of diseases. The FDA continues to send warning letters and take enforcement action as appropriate against companies marketing fake cure-all products. These miracle cures do not exist, and the only thing these companies are selling is false hope.



Personal "success" testimonials. Success stories, such as, "It cured my diabetes" or "It immediately stopped my COVID-19 infection," are easy to make up and are not a substitute for scientific evidence. Reviews found on popular online marketplaces and social media can be fake.



Quick fixes. Few diseases or conditions can be treated quickly, even with legitimate products. Beware of language such as, "lose 30 pounds in 30 days," "protects from viral infections," or "eliminates skin cancer in days."



"All natural" cure or treatment. Don't be fooled by descriptions like "all-natural cure." Such phrases are often used in health fraud as an attention-grabber to suggest that a product is safer than conventional treatments. These terms don't necessarily equate to safety. Some plants found in nature (such as poisonous mushrooms) can be harmful or even kill when consumed. Moreover, the FDA has found numerous products promoted as "all-natural" cures or treatments that contain hidden and dangerously high doses of prescription drug ingredients or other active pharmaceutical ingredients.



"Miracle cure." Alarms should go off when you see this claim or others like it such as, "new discovery," "guaranteed results," or "secret ingredient." If a real cure for a serious disease were FDA-approved, it would be widely reported through the media and prescribed by licensed health professionals—not plastered on advertisements in social media and messaging apps, or buried in websites, print ads, and TV infomercials.



Conspiracy theories. Claims like "this is the cure our government or Big Pharma doesn't want you to know about" are used to distract consumers from the obvious, common-sense questions about the so-called miracle cure.

EDUCATION: STRESS AWARENESS

Are you Feeling Stressed?

Stress relief doesn't come easily. It takes determination, persistence, and time. Some stress relief methods are easier than others, but all are worth considering. Determine YOUR tolerance level for stress and try to live within those limits.

Be realistic. If you feel overwhelmed by some activities, learn to say no. Eliminate activities that are not absolutely necessary. If you meet resistance, give reasons why you're making the changes. Be willing to listen to other's suggestions and be ready to compromise.

Healthy lifestyle. Good nutrition makes a difference. Limit intake of caffeine and alcohol (alcohol actually disturbs regular sleep patterns), get adequate rest, exercise, and balance work and play.



Shed the "superhero" urge. No one is perfect, so don't expect perfection from yourself or others. Ask yourself, "What really needs to be done? How much can I do? Is the deadline realistic?" Don't hesitate to ask for help if you need it.

Take one thing at a time. For people under tension or stress, an ordinary workload can sometimes seem unbearable. The best way to cope with this feeling of being overwhelmed is to take one task at a time. Pick one urgent task and work on it. Once you accomplish that task, choose the next one. The positive feeling of "checking off" tasks is very satisfying. It will motivate you to keep going.



Share your feelings. A conversation with a friend lets you know that you are not the only one having a bad day, caring for a sick child, or working in a busy office. Stay in touch with friends and family. Let them provide love, support, and guidance. Don't try to cope alone.

Give in occasionally. If you find you're meeting constant opposition in either your personal or professional life, rethink your position or strategy. Arguing only intensifies stressful feelings. Make allowances for other's opinions and be prepared to compromise. Not only will you reduce your stress, you may find better solutions to your problems.

This information is courtesy of Mental Health America of Licking County (MHA), which is dedicated to responding to the community and its mental health and wellness needs, empowering people to live healthy lives and achieve their full potential. For MHA support, call (740) 522-1341. For after hours support, call 211. If you are having a mental health emergency, call 911.



COMMUNITY SUPPORT

Volunteer Opportunities

LCAP would like to thank all of our volunteers for everything that they do! Without them, many activities and programs would not be possible. Whether they are getting newsletters ready to send out, helping distribute commodity food boxes, or keeping our pet food pantry organized, they work diligently, donating their time to help at LCAP.



If you or someone you know is interested in volunteering at LCAP, we have a variety of activities that require extra hands to be done properly. If you are looking for short activities, we need Bingo support, game day score keepers, and live entertainment greeters. If you have more time to spare, we have Movie Matinees, arts & crafts, and different special events, including our upcoming flings, that could always use your helping hands. If you prefer a regularly scheduled activity, you could choose to help with Commodity Food Box distribution at the end of each month, our newsletters every other month, or helping set-up or run our large flings.

Please consider getting involved and lending a helping hand. Thank you!

Are You Able to Help?



Incontinence Supplies

Due to the overwhelming requests for incontinence supplies, we are asking the community for donations. If you have extra incontinence supplies such as chux, overnight pads, and pull-ups, please consider a donation to LCAP. The pull-ups we are seeking are sizes medium to XXX-large, for both men and women.

No youth sizes or tabbed pull-ups, please. Contact Social Services at 740-345-0821, ext. 260 if you are able to assist with this request.

Pet Food Pantry Drive

Quite a few of our clients rely on our Pet Food Pantry to feed their pets, and the Licking County Humane Society is running low on stock. Drop off cat or dog food at the main entrance of Heritage Hall on **Thursday, March 17, 9:00 AM - 12:00 PM**. All unopened wet or dry food that is not expired is welcomed and appreciated. Please help us stock our shelves!



COMMUNITY SUPPORT

We Give our Thanks!

The following went above and beyond in the past two months, helping us serve our clients better:

- Valentine's Day Fling sponsors – Open Road Renewables and Flint Ridge Nursing and Rehabilitation.
- Bingo hosts – Altercare Newark North, Arlington Care Center, Bankers Life, Brucker & Kishler, C-TEC, Flint Ridge, Home Instead, Indian Mound Mall, Interim Healthcare, The Laurels of Heath, Licking County Family YMCA, and Mental Health America of Licking County.
- Fire and Life Safety Educators, Joshua Amsbaugh and Michael Aldridge, for providing education at our congregate sites on home and safety tips.
- The American Red Cross for providing smoke detectors and volunteers for the Safe Senior Project.
- Commodity Food box volunteers – Don Cox, Bill Fielding, Tom Helfrich, and Denise Howerton.
- Smart Phone Help Desk leaders – Jim Holton and Ray Crabtree
- Premier Home Health for leading our cake and cupcake decorating classes.

Winter Memorials

- In memory of Jo Baker by Dennis and Patty Sagar
- In memory of Jo Justice Baker by Nancy Schlatter
- In memory of Teresa Ebert by Roberta Penwell
- In memory of loved ones by Mamie Long
- In memory of Barbara Maier by John Maier



AARP Tax-Aid Service

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

There are a limited amount of appointments remaining, so call today to schedule yours! Appointments are held 8:30 AM - 4:00 PM and can be set up by calling (740) 641-2387.

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

Non-Profit
Organization
U.S. Postage Paid
Permit No. 58
Newark, OH
43055

RETURN SERVICE REQUESTED



Spring Cleaning

LCAP may be able to help qualifying Seniors with spring cleaning needs.

Chores

Window Cleaning
Gutter Cleaning
Trim shrubs and bushes
Clean Dryer Vents
Storm Windows
Window AC units

Home Makers

Dusting
Sweeping
Linen Changes
Laundry
Meal Preparation



Must be a senior age 60 or over and a resident of Licking County and qualify for services.