



August 2023

Hello everyone,

Thank you for helping us make July such a great success. We are making a change to our schedule and trying a new activity in August. Tuesday Bingo is being moved to 10 am. We have had requests for a morning Bingo so we are going

to give it a try. The Blood Pressure Clinic will now be on Thursdays @ 11:00. A Holistic Wellness Exercise Class will be held on Tuesdays @ 12:30. This will be a very beneficial class so come give it a try.

We have been invited to participate in activities with First Westminster Church so make sure you read the flyers in this newsletter and stop at the Activity Table for more information. First West Vacation Bible School will be joining us for lunch on Tuesday, August 1 and we will also be playing a few games of Bingo with them. Interacting with the younger generation always puts a smile on our faces. Please help us make this a special day.

One of the goals we have is to help you stay active and engaged with the community so notice the information provided on activities you may attend when you are not here with us.

Should you want to volunteer not only with us but also with outside organizations please see a staff member.

Let's make August a great month and you will love what we are planning in September.

Cynthia R. Morris, Administrator


In this issue:

- **Speaker & Visitor Information**
- **Lunch Menu**
- **Activities/Speakers/Events Calendar**
- **Birthdays**
- **Michael on the Mic**
- **Lunch Wallet & Information for New Members**
- **Phone/Text Scams**
- **Mark Your Calendar**
- **Making Memories**

**P.O. Box 580, 235 N. Fourth Street
Steubenville, Ohio 43952**

740-520-0120

Speakers, Events & Activities
@ Our Place



Dealing with
Isolation and Loss
The Grieving Process

Pam Cox

Pastor/Nurse

Wednesday, August 9

@ 10:00



Register @ the activity table



Parkinson's Support Group
Wednesday, August 9 @ 1:00

Register @ the activity table



JOIN CHANGE, INC. FOR

TAILGATE TEA

THURSDAY AUGUST 3RD
10 AM - 12 PM



WIN
A
DOOR PRIZE



JOIN MICHELLE HOWARD, DIRECTOR OF PUBLIC
RELATIONS
OF DIXON HEALTH CARE

THE 2ND THURSDAY OF EACH MONTH AT 12:15PM
FOR BINGO

DIXON HEALTHCARE WILL PROVIDE THE DOOR PRIZE
FOR THE 1ST GAME OF BINGO

MICHELLE WILL ALSO BE ON HAND TO ANSWER ANY
QUESTIONS YOU MAY HAVE REGARDING SHORT AND LONG
TERM NURSING CARE

LOOKING FORWARD TO SEEING EVERYONE



Dixon
HEALTHCARE CENTER

Ralph Petrella
Owner of SYNA Speed and Fitness

A Holistic Wellness Exercise Class will be lead by Ralph on Tuesdays @ 12:30 starting on August 8.

Bio:

- ◆ Steubenville native, Graduate of West Liberty University
- ◆ Father of 2
- ◆ Former collegiate strength and conditioning coach
- ◆ Certified Strength and Conditioning Specialist

Linda will be @ Our Place on
Thursday, August 10 @ 10:00
Come listen to the interesting topics
that Linda shares.



Amy with First West
will be sharing tips
on using cell phones.

Wednesday,
August 16 @ 1:00



Possible Indicators of Hospice Eligibility

We partner with you to serve your patients' hospice needs. If two or more of these indicators are present, hospice should be considered, and discussed with the patient, the patients' family, and the patients' attending physician.

Choosing hospice is often a difficult decision. We help lead this conversation with patients and can ease the anxiety of the transition from cure to comfort when a patient is determined to be eligible for hospice.

We Are Your Eyes and Ears in the Home

When your hospice patient has a pain and symptom emergency, we are there. From answering questions about the plan of care to calling in medication refills, we can immediately address the patient's needs.

Our interdisciplinary team keeps you informed. We customize our relationship to suit your practice.

Hospice Reimbursement Assistance

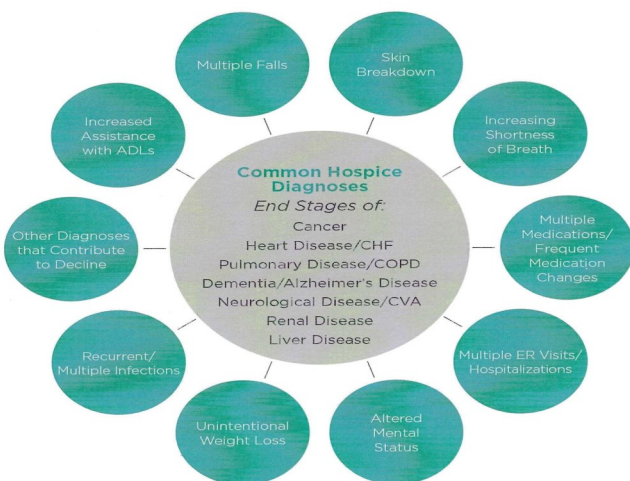
Medicare reimburses attending physicians for care plan oversight when appropriate. As hospice specialists, we can assist you in learning more.

We Are Here For You

Our staff and caregivers are members of the community you know and trust.

SouthernCare - Wintersville

100 Wexley Avenue, Suite G
Wintersville, OH 43953
740.217.2420



To refer to us, simply call or fax the patient information and we will visit the patient. We perform an evaluation to help determine if the patient may meet the criteria for hospice eligibility.

SouthernCare Hospice Services
10:30 Informational Table and Bingo prize for the first game
Thursday, August 17

HOPE

Support Through Grief & Loss

Valley Hospice is committed to providing resources to help you cope with any loss in your life. We offer grief support and educational resources to help you navigate through your unique journey. If you are in need of support, please consider joining us at one of our support groups listed below. All groups are open to the public and free of charge.

Drop-In Grief Support Groups

1st Monday of Each Month

2:00 p.m. - 3:30 p.m.

First West Presbyterian Church

235 N. 4th St.

Steubenville, OH

3rd Monday of Each Month

2:00 p.m. - 3:30 p.m.

First Christian Church

1343 National Rd.

Wheeling, WV 26003

No Registration Required



VALLEY HOSPICE
Caring. Living. Healing.

To register, or for more information, please call Valley Hospice Grief Services at 740-859-5650.

Valley Hospice
10:30 Informational Table
Wednesday, August 23



Free prescription delivery to the following areas:

- ~ Belmont County
- ~ Hancock County
- ~ Toronto
- ~ Brooke County
- ~ Mingo Junction
- ~ Winterville
- ~ Steubenville

Our Caring and Professional Pharmacy Liaison

Will Personally Help You With the Following:

We Offer:
Free Prescription Delivery Services
Easy to use Medication Packaging
Prescription Synchronization
Free Personalized Consultation

Diamond Pharmacy
Free Rx Delivery
(740) 264-6500

A&B Sunset Pharmacy
Free Rx Delivery
(740) 264-5711

- ~ Free personalized consultation
- ~ In-home visit with samples of medication packaging
- ~ Synchronize all of your medications to be filled at the same time
- ~ Call your doctor for refill authorization
- ~ Get your prescriptions transferred for you
- ~ Gather your personal information for accurate prescription filling
- ~ Make sure your prescriptions are automatically refilled and delivered **every** month



A&B / Diamond Pharmacy
10:30 Information Table & Bingo prize for the first game
Thursday, August 24



10:30 Informational Table and Bingo prize for the first game
Thursday, August 31



For more news & events visit
steubenvillelibrary.org

The bookmobile will be @ *Our Place* on Tuesday, August 29 from 10:30—12:00

If you would like a specific book, let a staff member know and we will contact Eric so he will have it or you.



If you have any costume jewelry that you no longer wear, please consider donating it for

a craft class we are planning in the future. There is a container on the Activity Table you may drop it in. We will take care of disassembling the jewelry. Thank you so much for your help!



Random Fun Fact



Strawberries contain more vitamin C than oranges.

Menu August 2023

1 Salad Bar (Lettuce, Tomato, Cheese, Onions, Olives, Croutons) Pizza	2 Stuffed Pepper Mashed Potato Broccoli	3 Roast Chicken Parsley Potatoes Creamy, Cheesy Hominy Casserole Watermelon
8 Breaded Chicken Breast Rosemary Potatoes Green Beans	9 Taco Salad (Lettuce, Tomato, Cheese, Onion & Taco Meat) Salsa & Sour Cream Rice Pudding	10 Homemade Baked Macaroni & Cheese Greek Salad (Cucumber, Tomato & Onion) Ambrosia
15 Grilled Chicken Breast w/Mushrooms & Onions Cubed Potatoes Carrots	16 Sloppy Joe on Bun Scalloped Potatoes Coleslaw Chocolate or Vanilla Pudding	17 Chicken Noodle Soup Baked Potato w/Butter & Sour Cream Cake
22 Salisbury Steak Mashed Potatoes w/Gravy Green Beans	23 Chef Salad (Lettuce, Tomato, Ham, Turkey, Cheese & Egg) Sponge Cake	24 Ham Salad on Bun Macaroni Salad Cottage Cheese w/Peaches
29 BBQ Beef on Bun Steak Fries Capri Vegetables	30 Chicken Cordon Bleu w/Alfredo Sauce Buttered Noodles Peas & Carrots	31 Pasta w/Meat Sauce Side Salad w/Tomato Italian Bread Fresh Fruit

Lunch is by reservation which is required by Thursday at 11 am of the previous week you wish to attend. You may reserve at the registration desk or by calling 740-520-0120, press option 2 and leave a message.

Lunch is served 11:30—12:15 and the cost is \$3 per person. Menu is subject to change.



Activities—Events—Speakers

<p>1</p> <p>9:00 Exercise 10:00 Bingo 11:30 Lunch Vacation Bible School Visitation</p>	<p>2</p> <p>9:00 Euchre 10:00 Craft Class 11:30 Lunch 12:30 Chair Volleyball</p>	<p>3</p> <p>9:00 Exercise 10:00 Line Dancing 10:30 Change, Inc. 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo</p>
<p>8</p> <p>9:00 Exercise 10:00 Bingo 11:30 Lunch 12:30 Holistic Wellness Exercise</p>	<p>9</p> <p>9:00 Euchre 10:00 NO Craft Class 10:00 Pam Cox Dealing with Loss 11:30 Lunch 12:30 Chair Volleyball 1:00 Parkinson's Support Group</p>	<p>10</p> <p>9:00 Exercise 10:00 NO Line Dancing 10:00 Jefferson County Museum 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo Prize Dixon HealthCare</p>
<p>15</p> <p>9:00 Exercise 10:00 Bingo 11:30 Lunch 12:30 Holistic Wellness Exercise</p>	<p>16</p> <p>9:00 Euchre 10:00 Craft Class 11:30 Lunch 12:30 Chair Volleyball 1:00 Cell Phones With Amy</p>	<p>17</p> <p>9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo Prize SouthernCare Hospice Services</p>
<p>22</p> <p>9:00 Exercise 10:00 Bingo 11:30 Lunch 12:30 Holistic Wellness Exercise</p>	<p>23</p> <p>9:00 Euchre 10:00 Craft Class 10:30 Valley Hospice (Informational Table) 11:30 Lunch 12:30 Chair Volleyball</p>	<p>24</p> <p>9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo Prize A&B/Diamond Pharmacy</p>
<p>29</p> <p>9:00 Exercise 10:00 Bingo 10:30 Bookmobile 11:30 Lunch 12:30 Holistic Wellness Exercise</p>	<p>30</p> <p>9:00 Euchre 10:00 Craft Class 11:30 Lunch 12:30 Chair Volleyball</p>	<p>31</p> <p>9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo Prize The Laurels of Steubenville</p>



August 1

Cherryl Thompson

August 2

Nancy Hanlon

August 3

Janie Dorsey

Marlene Dunn

August 8

Barbara Lyons

August 12

Ruth Masters

August 14

Gwen Scott

David Lamb

August 15

Deborah Booth

August 16

Arlene Everly

August 18

Sharon Sampson

August 22

Susan Thompson

August 23

Joe Porter

August 27

Nancy Medcalf

August 28

Connie McClain

Mary Alice Meyer

August 29

Beverly Smith

August 31

Linda Masters

Michael on the Mic

By Michael Bozzelli, Communications



The excitement and participation at Our Place continues to grow with each passing day!

Not only does Lunch attendance continue to increase daily, but new activities also continue to be developed. Because of this, the types of activities added to the calendar are making for a more assorted selection than just a few months ago.

One new activity, by popular demand, will kick-off on Tuesday, August 8th at 12:30 pm. There will now be a Holistic Wellness Exercise Class offered every Tuesday! This class will offer exercise with less physical impact. Morning Exercise Class will still be held on Tuesdays and Thursdays at 9 am. Everyone is always welcome to participate in either or both exercise classes.

In order for this additional class to be added to our calendar, Tuesday Bingo will now be held from 10:00 am to 11:15 am leading right up to Lunch. Thursday Bingo remains unchanged at 12:15 pm to 1:30 pm. So, a great Tuesday at Our Place could include Bingo, Lunch and lots of exercise!

Speaking of Bingo, to offer a tease here, starting in August, there will be a new yet familiar "feature" added when we play. For those details, you will have to show up for Bingo, I'll explain that all in August!

Our Place members continue to do a great job of scanning their membership cards at the touchscreen upon arriving, checking in for that day's activities, and also signing up for future lunches. If you realize later in the day that you participated in an activity but didn't tap it on the touchscreen, no problem, you can always do so on the way out.

Continue to tell your family, friends, and neighbors everything that is offered at Our Place. Invite them to join you for Lunch, other activities, tour the building, and experience the fun atmosphere.

I look forward to meeting your guests very soon!
Our Place...Living-Learning-Sharing-Caring

Lunch Wallet

You may now place monies into your “**Lunch Wallet**”. We ask you to do so in increments of 3. (\$3, \$6, \$9, etc). You may prepay as much as you would like.

You will receive a punch card as a receipt of your payment and the payment will be recorded in your file. Each time you have lunch, \$3 will be deducted from your “**Lunch Wallet**”. We will punch your card (or if you misplace your card, you can initial the lunch reservation sheet).



The image shows a punch card for the Lunch Wallet program. At the top right, there is a logo for "Our Place 50+". The card contains the following text: "Name _____", "Lunch Wallet \$ _____", "Paid ____ / ____ / 2023", and "Each punch on the card = \$3".

Phone call from Our Place

The number that will show on your caller ID at home or on your cell phone is:

740-520-0120

You may also want to add this number to your cell phone contacts.



Help us stay connected!

Do you text? Did you provide us with your cell phone number when you became an Our Place member?

If so, add the following number to your phone’s contact list so you can easily recognize text alerts from Our Place notifying you of last minute information about activity changes or additions, weather closures and other important communications.

Simply add the following phone number to your phone’s contact list:

855-920-2881

You can name it “Our Place Text Alert” or on your next visit to Our Place look for Michael and he can help you get set up.





Beware of phone and text scams



Some scammers use cleverly designed phone calls and text messages to trick you into handing over personal information or money.

ASK YOURSELF:

What do phone scams look or sound like?

Scammers may pose as a well-known government agency or business, such as the IRS, Social Security, an online retailer or a tech-support company. They may claim that you owe money, that they're updating their files or that your account has been locked; in return, they need money or personal information to make things right. They often disguise the number appearing on caller ID to make it seem legitimate.

- Do not provide any personal information or click on any links.
- Never respond to unexpected requests for your personal information.
- If you think the call might be legitimate, hang up and call back using a phone number you know is correct.
- Use the information on the company's official website, not the number listed on Caller ID or in an unexpected email or text.
- Don't allow remote access to your phone or computer, or download unknown software.

**These are
sure signs of
a scam.
HANG UP
IMMEDIATELY!**

Red flags of a phone scam

- You are pressured to act immediately.
- Payment is requested by gift card, cryptocurrency, peer-to-peer payment, wire transfer or prepaid money card.
- You're told not to tell friends or family about the conversation.
- You're told you've won something you didn't enter to win, or you're unexpectedly being given money.

PROTECTING ★ THE ★ UNPROTECTED

If you receive an unwanted call or text message claiming to be from a business, report it to the Ohio Attorney General's Office at www.OhioProtects.org.

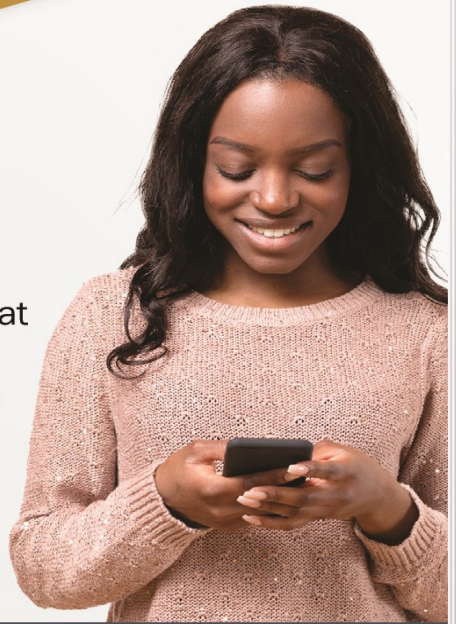


DAVE YOST
OHIO ATTORNEY GENERAL

HOW TO HANDLE ROBOCALLS

Robocalls are auto-dialed calls that deliver a prerecorded message. Generally, robocalls that you have not consented to are illegal.

When it comes to robocalls, the best advice is **JUST DON'T ANSWER.**



Robocall smarts

DO:

- Register your phone number(s) with the Do Not Call Registry online at www.DoNotCall.gov or by phone at 888-382-1222. **Remember:** If you're registered and someone calls trying to sell you something, it's a good sign that the call may not be legitimate.
- Research services offered by your phone provider to block unwanted calls.
- Install an app on your cellphone to block or warn of suspicious calls.
- Add trusted phone numbers to your contacts.
- Limit how often you share your phone number.
- If you don't recognize the number, allow the call to go to voicemail and review the message later.

DON'T:

- Answer an incoming call when you don't recognize the number.
- Provide personal or financial information over the phone.
- Interact with an unknown caller in any way; don't press numbers or speak to anyone.
- Call back unfamiliar phone numbers.
- Fully rely on caller ID.

TAKE ACTION TO REPORT ROBOCALLS

- ✓ Forward spam texts to 7726 (SPAM).
- ✓ Report illegal robocalls to the Ohio Attorney General's Office by calling 800-282-0515 or visiting www.OhioProtects.org



Summer Crisis Program

Do you need assistance or do you know of someone who needs a helping hand with electric bills or air conditioning repairs?

You may call 740-282-0971 extension 200 or speak with Cynthia/Judy for confidential assistance.

By working together we can help keep everyone safe.



**Department of
Development**

For Immediate Release: 6/23/2023

Development.Ohio.gov

Mike DeWine, Governor Jon Husted, Lt. Governor Lydia L. Mihalik, Director

Summer Crisis Program Starts July 1

The Ohio Department of Development and the Area Agency on Aging, Region 9 will help income-eligible Ohioans stay cool during the hot summer months. The Home Energy Assistance Summer Crisis Program provides eligible Ohioans assistance paying an electric bill or assistance paying for central air conditioning repairs. The program runs from July 1-Sept. 30, 2023.

To apply for the program, clients are required to schedule an appointment with their local community action agency. Appointments can be scheduled by calling one of the numbers listed below:

- Belmont Co.----(740) 695-0293----153 ½ W. Main St, St. Clairsville, OH 43950
- Carroll Co.---- (330) 627-4101----276 Second St. SW, Carrollton, OH 44615
- Coshocton Co. (740) 622-9801----120 N. 4th St. Coshocton, OH 43812
- Guernsey Co.- (740) 955-8001----185 S. Second St., Byesville, OH 43723
- Harrison Co.----(740) 942-8886----122 S. Main Street, Cadiz, OH 43907
- Holmes Co.---- (330) 674-6479----224 N. Clay Street, Millersburg, OH 44654
- Jefferson Co.----(740) 282-0971 x200----114 N. 4th St. Steubenville, OH 43952
- Muskingum Co. (740) 453-5278 x109----828 Lee St. Zanesville, OH 43701
- Tuscarawas Co (330) 343-8770 ----821 Anola Street, Suite A4, Dover, OH 44622

Clients need to bring copies of the following documents to their appointment:

- Copies of their most recent energy bills.
- A list of all household members and proof of income for the last 30 days or 12 months for each member.
- Proof of U.S. citizenship or legal residency for all household members.
- Proof of disability (if applicable).
- Physician documentation that cooling assistance is needed for a household member's health (if there isn't a household member over the age of 60).

The Summer Crisis Program assists low-income households with an older household member (60 years or older) who can provide physician documentation that cooling assistance is needed for their health, have a disconnect notice, have been shut off, are trying to establish new service on their electric bill, or require air conditioning. Conditions can include such things as lung disease, Chronic Obstructive Pulmonary Disease, or asthma.

Eligible households can receive up to \$500 if they are a customer of a regulated utility, or \$800 if they are a customer of unregulated utilities such as electric cooperatives and municipal utilities. The assistance is applied to their utility bill, or to purchase an air conditioning unit or fan, or pay for central air conditioning repairs. Ohioans must have a gross income at or below 175% of the federal poverty guidelines to qualify for assistance. For a family of four the annual income must be at or below \$52,500.00.

Also, Ohioans enrolled in the Percentage of Income Payment Plan Plus (PIPP) program who meet the above criteria may be eligible for assistance towards their default PIPP payment, first PIPP payment, central air conditioning repairs, or may receive an air conditioning unit and/or fan.

For more information about the features of the Summer Crisis Program and what is needed to apply, contact the your local community action agency. To be connected to your local Energy Assistance provider visit www.energyhelp.ohio.gov or call (800) 282-0880.

The Ohio Department of Development empowers communities to succeed by investing in Ohio's people, places, and businesses. Learn more about our work at development.ohio.gov.

Area Agency on Aging, Region 9
Contact: Kathy Dennis (740)421-4266
kjenniss@aaa9.org

Development Contact:
Sarah Wickham
Sarah.Wickham@Development.ohio.gov

Office of Communications & Marketing • 77 South High Street • P.O. Box 1001 • Columbus, Ohio 43215 • U.S.A. • 614 | 466-2609
The State of Ohio is an Equal Opportunity Employer and Provider of ADA.



Mark your calendar with fun things to do!



WEDNESDAY IN WINTERSVILLE
CARNIVAL

August 2nd
4:30 PM – 8:30 PM

- Jimmy Z •
- Two Friends Trio •
- Tri-State Community Band •
- Lisa's Dance Elite Studio •
- Talent Show •
- Fortune Teller •
- Hot Dog Eating Contest •

Sponsored by Ferguson's House of Furniture **Ferguson's**



2023 Fort Steuben Concert Series

August 3	7:00pm	The Travelin' Witkowskis
	7:45pm	New Pure Gold

All concerts are free, but donations are requested.
Schedule subject to change - check www.oldfortsteuben.com

Please support our sponsors!

Find us on **facebook.** **BECOME A MEMBER!!!**

CHANGE, INC.

COMMUNITY HEALTH FAIR

THANK YOU TO
OUR EVENT SPONSOR
Trinity Health System

TUESDAY, AUGUST 8
8AM - 12PM
STEUBENVILLE HIGH SCHOOL
420 N. 4TH STREET STEUBENVILLE, OH



Aim Women's Center
Life Celebration
Family Fun Day
Sat. Aug 12th, 11am-2pm
Petting Zoo, Pony Rides,
Inflatables, Games, Free Food
and much more!

Restoration Church
108 Phillips Ln.
Steubenville, OH

Aim
WOMEN'S CENTER
248 N. 5th Street
Steubenville, OH
740-283-3636
Call or text 740-346-6705



**Additional information will be
posted at the Activity Table**

Bolger Healthcare



August 19th 10am-4pm
Country Club Manor

575 Lovers Lane, Wintersville, OH

Have Fun Shopping!

Crafts, Concessions,

Chinese Auction and More!

All proceeds benefit the Country Club Manor
Resident Activities department

For Vender Information please call
740 461 0563



2023

**HOT
ROD**



Saturday

AT FIRST WEST

First Westminster Presbyterian Church Car Cruise

235 N. 4th Street Steubenville, OH 43952

August 26, 2023 (Rain Date- August 27)

2:00-6:00PM

All Denominations (Ford, Chevy, Mopar) Welcome!

FAITH, FAMILY, FRIENDS, FOOD

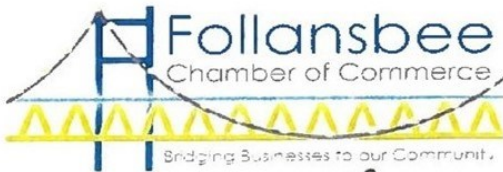


Mingo K Of C Council 4361

117 Legion Drive
Mingo Junction, OH
740-535-8037

Car Cruise
Sunday, August 27, 2023
From 2:00pm-4:00pm
The DJ will be Rich Coburn
Car dash tags \$5.00 entry

Plus food for sale and the
Ice Cream Island Truck from Cadiz
will be there.



Presents



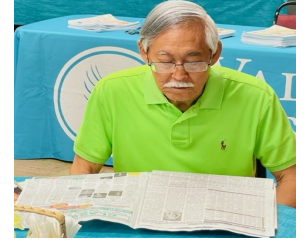
6:00-8:00 PM – Follansbee Park

August 28, 2023

40+ Band



Making Memories



Our Place

50+

FIRST WEST

