

October 2023

Hello Everyone,

We said goodbye to summer at The End of Summer Party and we would like to thank everyone for attending. We had a great time. Thank you to all who donated and to the volunteers for their help in making this event a great success.

As we move forward there will be much information provided for the upcoming

In this issue:

- •Speaker & Visitor Information
- •Fall Festival
- Halloween Party
- Medicare Updates
- Activities/Speakers/Events Calendar
- Lunch Menu
- Birthdays
- Lunch Wallet & Information for New Members
- Mark Your Calendar
- Making Memories

Medicare Open Enrollment. We know this can be very confusing and want to help you make an informed choice. Please take this time to learn about all of your options so you can make the decision that is **best for you**. You will be able to setup private counseling sessions so please take advantage of this opportunity. You do not need to make a decision until December.

Special events for this month include the Fall Festival and the Halloween Party. We are working to keep you wellinformed and healthy while having a great time with friends.

We ask you to continue to use our fall/winter protocol. Please wash you hands frequently or use the hand sanitizer placed in various locations in the hall. Try to limit the hugging and most importantly, if you aren't feeling well please stay home and recover quickly. We don't want anyone missing out on all the fun we will be having. Everyone is doing a great job...let's keep up the good work.

We look forward to all of the informative and exciting events scheduled for October and will continue to the end of the year with additional parties and educational seminars. See you soon!

Cynthia R. Morris Administrator

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

740-520-0120

In honor of Falls Prevention Awareness we joined the tour of Beatty Park and walked 1 mile.





A Tailgage Party was held at Rivers Landing in Brilliant to introduce Our Place to the residents and invite them to join us for education and fun. We socialized, had lunch, played Bingo and had a great time!

Thank you for having us.

Medicare Update Dates to Remember

October 5, Thursday 10:30—Noon

Meet Jennifer Morehead with Harvest Moon Insurance and schedule a private counseling.

October 12, Thursday 10 am

Join Tracy McManamon with One Source Benefits to learn about the Medicare Updates and schedule a private counseling.

November 28, Tuesday 9 am

Susan Saunders with OSHIIP is returning to answer any questions you may have.

More dates and times will be announced.

Speakers & Visitors @ Our Place

Join us every Tuesday @ 12:30 for a
Holistic Wellness Exercise Class with
Ralph Petrella from SYNA. You'll love it!
If you're interested in his business,
we have included a flyer for information.









Features, Hours and Prices

DESK HOURS: MON -THURS 9:30AM TO 6PM FRI - 9:30AM TO 4PM

FRI - 9:30AM TO 4PM GYM SPACE IS OPEN 24HRS

Fully equipped 24 hour gym Memberships begin at \$32/mo for 12 months or \$25/mo for 18 months

*Discounts available for seniors, veterans, fist responders, families, and city of Follansbee employees.

> Personal training Sessions begin at \$60/session

Mindset2Cycling \$15 per class or month pass available HOURS MON - THURS: 5AM TO 7PM

FRI - 5AM TO 5PM SAT - 8AM TP 11AM

Sports performance training

Semi-private training

Nutrition counseling

*Please contact us directly for pricing

1400 Main St., Suite 7

Email:

Website:







The bookmobile will be @ **Our Place** on Thursday, October 5 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.





MEDICARE OPEN ENROLLMENT

October 15th Through December 7th

You May Be Entitled To Additional Benefits Such As Extra Help Paying For Your Prescriptions, Transportation, Personal Care, And Care Coordination. Please Call Us For An Individual Consultation. Never A Fee For Our Services.

Jennifer Morehead

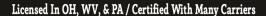
Licensed Health & Life Insurance Consultant MA, BS, NHA/L, COTA/L

Phone: 304-374-4196

E-Mail: jennifer@harvestmooninsurance.com Website: www.harvestmooninsurance.com



Your Hometown
Independent Agent





Visit with Jennifer
& register for door prize!
Thursday, October 5 - 10:30—Noon
You may also schedule a private session.



Fall Festival

Wednesday, October 11th

10-1

Sponsored By:

AGB/Diamond Pharmacies Capital Health Home Care Capital Health Nursing & Rehabilitation Dixon Healthcare The Laurels of Steubenville Trinity Health System Valley Hospice

- Vendor Tables
- · Flu Shots
- · Covid Vaccine (if available)
- · Door Prizes
- · Buffet Lunch

Choice of Cream of Potato or Vegetable Beef Soup

Ham Salad or Chicken Salad on Croissant

Served w/Pasta Salad, Apple Pie & Ice Cream

\$3.00 per person

Open to the public

RSVP 740-520-0120 or

register on the touch screen





Register @ the activity table



There will be no
Parkinson's Support Group
this month.
We will see you in November







HEALTHCARE CENTER



Please Join Us!



<u>AND</u>Breakfast Last Tuesday of each month!!

- August 29th, September 26th, October 31st and November 28th
 - FREE and open to the community.
 - 9am-10:30am

LOCATION:

Dixon Healthcar

Additional information or questions, please contact:

740-264-1155

or

740-381-447



communicarehealth.com

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Applying for Medicaid?

We Accept Pending Medicaid Referrals!

Our team of medical and financial professionals are here to help you and your family navigate the Medicaid application process.

If you have a Medicaid referral, our staff can complete a brief screening to help you understand the details of the application process, compile necessary paperwork, and answer any questions you may have.



To make a referral or to learn more about this program, contact your hospital clinical liaison or our **24/7 central intake service line** at:

740-264-1155 or 877-366-5306

CommuniCare Health Services complies with all state and federal regulations and policies and is the representative payee for residents.



For more information

Dixon Health Care Center 135 Reichart Ave Wintersville, Ohio 43953 Michelle Howard, DOPR 740-381-4471

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3 6

Michelle will be awarding the first prize of Bingo supplied by Dixon Healthcare

On Thursday, October 12





Call or Text: (740) 282-1132

Over 34 years of helping people understand, navigate, and enroll in the right Medicare plan.

WWW.ONESOURCEBENEFITS.COM



Tracy McManamon
will be at Our Place to explain Medicare
and the different programs.

Thursday, October 12 @ 10 am

Register @ the activity table





Ohio Senior Health Insurance Information Program (OSHIIP)

Tuesday, November 28 @ 9 am

Register @ the activity table



Visit Chris with Valley Hospice at his table on Wednesday, October 18 from 10:30—12:00





www.southerncarehospice.com



Myths & Facts About Hospice

hoosing hospice care can be a difficult decision for patients and their families and there are a lot of misconceptions about the service. As a result, many need quality pain and symptom control, along with socia emotional care, do not take advantage of hospice. Here are myths and facts to consider when thinking about

Nyth: Hospice is a place.

(act: Hospice provides services wherever a patient needs care. his can be in a facility, nursing home or the privacy of the atient's home. Around 70% of all hospice care is done in the omfort of the home.

Myth: Hospice is for those who are close to

death or actively dying.

Fact: The earlier hospice is used, the more benefit patients gets from the care. Pain and symptom management is more effective when delivered earlier in the disease process. This leads to a higher quality of life for patients with life-limiting senditions.

Myth: Hospice is only for cancer patients. Fact: Any patient with a terminal diagnosis can benefit from hospice. Examples include HIV, kidney disease, heart disease and Alzheimer's.

Myth: A patient must sign a DNR to use hospice. Fact: Patients do not need a Do Not Resuscitate order (DNR) to receive hospice care. While many hospice patients sign a DNR, this choice is not for everyone. Patients and their families are involved in all decisions and their wishes are

Myth: Hospice is only for the dying patient.
Fact: Hospice focuses on the family as much as the patient. Our services involve a team of professionals who help with grief management, financial planning and a variety of other services that benefit the patient's loved ones before and after loss.

Myth: Patients have to give up their doctor.

Fact: Patients choosing hospice keep their own physician. primary care physician works with our interdisciplinary tear and medical director to determine the best plan of care.

Myth: Hospice is expensive.

Fact: Hospice is a Medicare benefit and most private insurance and Medicaid will also cover services. In addition, medical equipment and prescriptions related to the life-limiting condition are covered under these benefits. We admit patients regardless of ability to pay.

Myth: Hospice only helps when family members are providing care.

Fact: Hospice patients often live alone or with family members who are unable to provide care. We have the ability to coordinate community resources so that the patient can stay in the home. Hospice can also be provided in a facility or other location of the patient's choosing.

Myth: Hospice is about dying Fact: Hospice is about living. When pa Myth: Hospice is about dying.
Fact: Hospice is about living. When pain and symptoms are managed properly, patients make the most of the time they have left. They are able to spend time with friends and family in the comfort of the home while being in control of the care they are receiving. Choosing hospice does not mean the patient is giving up hope or that death is coming soon.

Myth: All hospice agencies are the same. Fact: While the federal regulations governing hospice progra require the same standard services, that does not mean they all the same. Customer service, admission processes and pattersponse times all vary. SouthernCare Hospice constantly strives to exceed standards when possible and our customer satisfaction rates are among the best in healthcare.

100 Welday Avenue, Suite G Wintersville, OH Phone: 740.217.2420

Dan will be presenting the first prize for Bingo supplied by SouthernCare Hospice Services on Thursday, October 19





Thursday, October 12 @ 10:00

Come learn interesting facts by Linda Hilty.

Register @ the activity table





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

Wednesday,
October 18
@ 1:00

Register @ the activity table





Susan will be presenting the first prize for Bingo on Thursday, October 26th supplied by

A&B/Diamond Pharmacies.





11-1

Members: \$5

Non-Members: \$7

RSVP by: 10/26/23

740-520-0120

Menu:

Meatball w/Provolone Cheese on Bun Cheesy Mashed Potatoes

Coleslaw—Dessert

Door Prizes

Music By: Rich Grimm

Let's have fun!

Costumes encouraged but not required.

Activities—Events—Speakers

Activitie	s—Events—:	peakers
9:00 Exercise 10:00 Bingo 11:30 Lunch 12:30 Holistic Wellness Exercise	9:00 Euchre 9:00 Crochet Class 10:00 Craft Class 11:30 Lunch 12:30 Chair Volleyball	9:00 Exercise 10:00 Line Dancing 10:30 Change, Inc. 10:30 Harvest Moon Insurance 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo
9:00 Exercise 10:00 Bingo 11:30 Lunch 12:30 Holistic Wellness Exercise	11 10:00 Pam Cox Dealing with Isolation & Loss Fall Festival 10—1	9:00 Exercise 10:00 Line Dancing 10:00 One Source Benefits 10:00 Jefferson County Museum 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo Prize Dixon HealthCare
9:00 Exercise 10:00 Bingo 11:30 Lunch 12:30 Holistic Wellness Exercise	9:00 Euchre 10:00 Craft Class 10:30 Valley Hospice 11:30 Lunch 12:15 Chair Volleyball 1:00 Cell Phones with Amy	9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo Prize SouthernCare Hospice Services
9:00 Exercise 10:00 Bingo 11:30 Lunch 12:30 Holistic Wellness Exercise	9:00 Euchre 10:00 Craft Class Capital Health 11:30 Lunch 12:15 Chair Volleyball	9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo Prize A&B/Diamond Pharmacies
31 Halloween Party 11—1		



Living-Learning-Sharing-Caring

Together As We Age

Menu October 2023

Meatloaf Mashed Potatoes Northwest Beans Bread	4 Chef Salad (Ham, Turkey, Cheese, Tomato, Egg and Croutons)	5 Grilled Chicken Breast with Onions, Peppers & Mushrooms Au Gratin Potatoes Cauliflower w/ Cheese Sauce
Shredded BBQ Chicken on Bun Tator Tots Coleslaw Cookie	Fall Fall Festival Please see flyer	Burger w/ Mushroom Gravy Mashed Potatoes Broccoli
17 Taco Salad Nacho Chips Assorted Fruit Juice Cookie	18 BBQ Beef on Bun O'Brien Potatoes Creamed Corn Jello Parfait	19 Stuffed Shells Side Salad with Tomato Peas & Carrots Applesauce
24 Roast Chicken Rosemary Potatoes Vegetable Medley Banana	25 Chicken Stir-Fry over Buttered Noodles Fresh Fruit Cup	Penne with Meat Sauce Green Beans Side Salad w/ Tomato Italian Bread
Halloween Party Please see flyer		

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





October 6

Dorothy Farrister

October 10

Alice Waller

Marcella Miller

October 27

Frances Hubbard

October 28

Linda Wells

October 30

Barbara Wukelic

Ed Smith

Random Fun Fact

The human brain is about 80% water.

Living-Learning-Sharing-Caring Together As We Age



Help us stay connected with you!

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.

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.

Email from Our Place

If you registered an email address when you joined, emails sent to you will be addressed from:

First Westminster Church

Our Place Activity & Resource Center



Lunch Wallet

You may now place monies into your "Lunch Wallet". We ask you to do it 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).

		Our Place
Name		
Lunch Wa	allet S	5
Paid	1	/ 2023
Fach punc	h on	the card = \$3



Mark your calendars with fun things to do!

October in Steubenville & Jefferson County

Oct. 5 & every Thursday- Downtown Steubenville Farmers' Market, Corner of South 4th and South Streets, Steubenville, home grown produce and foods, 8:00am-2:00pm.

Oct. 6 — First Friday on 4th Street, "Fall Festival" Food, Music, Crafts, Arm wrestling, Hay rides, Pumpkin smash. Fourth Street, Steubenville, 6:00-11:00pm.

Oct. 7–31– Upper Ohio Valley Camera Club Annual Photography Exhibit, Exhibit will open with "Meet the Photographers" on Oct. 7th at 10am. Winning photographs from September Annual Photography Competition with 16 different topics. Millsop Community Center, 3420 Main Street, Weirton, WV. Open during business hours.

Oct. 7—Festival in the Woods, Free event, 63 vendors, 210 S. Park Street, Richmond, 10:00am-5:00pm.

Oct. 7—An Afternoon with Ohio Valley Authors, Co-sponsored by the Jefferson County Historical Association and the Tri-State Writers Society. Meet and talk with local authors. Free. Jefferson County Historical Museum & Library, 426 Franklin Ave., Steubenville, 1-4pm.

Oct. 7- Vintage Baseball, Mt. Pleasant, 2pm

800pm.
Oct 13. Faith over Fear "Ben In". Food truck weeders door print and more Tripity Health System Fact Labby 390.

Oct. 11- United Way 2023 Taste of Jefferson County - \$35, St. Florian Event Center, 286 Luray Dr., Wintersville, 5:30-

Oct. 13– Faith over Fear "Pop In" - Food truck, vendors, door prizes and more, Trinity Health System East Lobby, 380 Summit Ave., Steubenville, 8am-12pm.

Oct. 15- Pleasant Hill School House Historical Museum Open House, Pleasant Hill School House Museum, 3125 SR

213, Steubenville, 1-3pm.

Oct. 18- Beast Cancer Awareness & Community Expo, Community Health Expo 10am-3pm, Annual Breast Cancer

Wreath Ceremony 4-5pm., Fort Steuben Mall, 100 Mall Drive, Steubenville, 10am-5pm.

Oct. 21-Red Ribbon Community Walk & Kick-Off, Inflatable games, Live DJ, Free Giveaways, Donuts, Face Painting,

prizes, presented by the Jefferson County Phoenix Program. Free event. Jim Wood Park, Sheffield Ave., Steubenville, 11am.

Oct. 21—Square Dance hosted by Pleasant Hill School House Historical Museum, For information contact: Connie

Crawford @ 740-544-5666. Knoxville Grange Hall, Toronto, 6-9pm.

Oct. 21—22 – 3rd Annual Bloomingdale/Unionport Fall Fest, Aladdin Lands, Bloomingdale, 10am-6pm –Sat.; 10am-

3pm—Sun.

Oct 21- Saturday Market on 4th, North 4th Street, Steubenville, 10am-2pm.

Oct. 25– The Arcadian Wild at the Grand Theater, Event by Harmonium Project, Grand Theater Lobby, North Fourth

Oct. 27-28—Brigade of the American Revolution, Re-enactment and activities. Historic Fort Steuben, 120 S. 3rd Street Steubenville, 10am-4pm.

Oct. 28—Steubenville Trick or Treat, 5-7pm

St., Steubenville, 6:30pm.

Oct. 28– Halloween Bash presented by Beyond Kids LLC, Candy Stations; Bounce House; Dancing; Pizza; Face Painting; Costume Contest; Vendors, JEFFCO, 250 John Scott Highway, Steubenville, 5pm







A New Musical about the stories we tell.



Music, Lyrics & Story by Steve Martin & Edie Brickell

OCTOBER 5TH & 7TH- 7:00PM OCTOBER 8TH-3:00PM

Steubenville High School Auditorium





Ohio Valley Authors

Saturday, October 7, 2023 1:00 - 4:00 PM Jefferson County Historical Museum 426 Franklin Ave. Steubenville, OH

Co-sponsored by the Jefferson County Historical Association & the Tri State Writers Society. Meet and talk to local authors. Each will have books available for purchase. Come and support local authors.

> Event is free & open to the public



Taste of Out

Time

October 11, 2023 5:30PM-8PM St Florian Hall 286 Luray Dr, Wintersville, OH 43953

Join Us

Join us for an evening sampling local foods & desserts from area restaurants

Purchase Tickets

\$35 PER PERSON Online at: www.runsignup.com/TicketEvent /UWTasteofJeffersonCounty

By calling 740-284-9000

Tickets will also be sold at the door



St. Agnes Church

Catholic Woman's Club

Pumpkin Roll Sale!

ONLY \$13.00!

GLUTEN FREE only \$16.00!!

To Order, Call

St. Agnes Hall – 740-535-0098 (Mon. – Thurs. 9 am – 12 pm or 5 pm – 6:30 pm),

Theresa Madden - 740-346-5424, or Joanne Raha - 740-282-1612

Pick Up at Church Hall

204 St. Clair Avenue

Mingo Junction, Ohio

Monday through Thursday, Sept 27th thru Oct. 23

9 am to 12 pm & 5 pm to 6:30 pm

Last Day to Order

Wednesday, October 18, 2023

Last Day to Pick up

Monday October 23, 2023 from 9 am to noon! Kindly pick up your order within TWO days of orderina!



Friday, October 13 | 8 am - 12 pm Trinity Health System East Lobby 380 Summit Ave. | Steubenville, OH 43952

So Nuts 4 Donuts, Smiley Ann's Photo Van Mammography Mania, Paparazzi Jewelry, Pure Romance, Graphics in Print, Mary Kay Cosmetics, Mini Massages, Mini Manicures, Mini Joy Mimosas, Door Prizes, and More!

IN" AND SEE US!



Don't forget to order your shirt!



2023 Breast Cancer Awareness Shirt Available Now!

Proceeds benefit Trinity Health System Foundation's Women's Imaging Fund.





Order Yours Today!

\$18.00



Trinity Health System
Images Mammography Center



2023 Christmas in the Park



OCT 14 AT 1 PM - OCT 15 AT 8 PM

Follansbee Park



BREAST CANCER AWARENESS & COMMUNITY EXPO

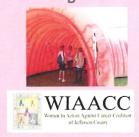
Join the Women in Action Against Cancer Coalition for a day of health education and fun

Fort Steuben Mall

10 am Event Start
4 pm Wreath Ceremony

Community Health Expo from 10am-3:30pm including:

- Inflatable Colon Guided Tours
- Flu Shots
- Blood Pressure Checks
- Giveaways & Much More!



WEDNESDAY, OCTOBER 18TH

Annual Breast Cancer
Wreath Ceremony from
4pm-5pm featuring:

- Singing performance from Tom Graham
- Message from breast cancer survivor
 Sandy Rue
- Celebration and remembrance of those touched by breast cancer

Health department accepting diaper donations

Our Place will be there! Stop by our table & visit







AT GRANATIR FAMILY FARM 4:00-6:00PM



LIVE MUSIC - WORSHIP- PRAYER- FUN FALL ACTIVITIES FOR KIDS- FOOD-AND SO MUCH MORE!









aking emories













































