



of Jefferson County, Inc.
Activity & Resource Center⁵⁰⁺

March 2024

Hello Everyone,

We would like to thank everyone for coming to the “Be Our Valentine” Party. It was so much fun and we appreciate all who participated and volunteered.

We are having a St. Patrick’s Day Party on Thursday, March 14th and hope to see you there. Please see flyer for additional information.

We will be closed on Thursday, March 7th. Judy & I are attending the OASC (Ohio Association of Senior Centers) 65th Annual Conference, so we will see you on Tuesday, March 13th.

Make sure you look at the “Activities/Speakers/Events Calendar”. There have been some changes and new items added. Danielle will be conducting the Sole Vitality Foot Care Clinic on Tuesday, March 19th. Your session will be in a private room so give Danielle a call to schedule. (see flyer) Also, Susan with A&B/Diamond Pharmacies will be providing valuable information on Wednesday, March 27th @ 10:30. She will also be making delicious, healthy smoothies. Come join in on the fun!

We have been awarded funding of \$50,000 through the Jefferson County General Health District (Ohio Department of Aging’s Healthy Aging Grant) and will be using this money in the best ways possible to help communities throughout Jefferson County promote socialization and support for the older population of Jefferson County.

We are also working on a celebration of our 1 year anniversary. “Can you believe it”! We are so excited and truly humbled by how quickly we have grown. We owe this all to YOU! The event will be Thursday, May 16th. Save the date and be ready to have fun.

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**P.O. Box 524
235 N. Fourth Street,
Steubenville, Ohio 43952
740-520-0120**



**St. Patrick's Day
Party**

**Thursday, March 14th
10 AM — 1 PM**

Music by: Rich Grimm

**Guest Performance by:
Dr. Thomas Graham**

Menu

**Shepherd's Pie, Corned Beef Slider
Coleslaw and Dessert
Coffee—Decaf—Punch**



**Door Prizes, Raffle, 50/50
& Auction Table
Member \$5.00
Guest \$7.00**

RSVP by March 8th



Our Place

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Menu March 2024

Tuesday	Wednesday	Thursday
		<p>Lunch is by reservation.</p> <p>You may reserve at the registration desk or by calling 740-520-0120 and leave a message</p> <p>Lunch is served 11:30—12:00 \$3 per person Menu is subject to change.</p>
<p>5</p> <p>Cheeseburger on Bun French Fries Carrots Brownie</p>	<p>6</p> <p>Chicken Cordon Bleu w/Alfredo Sauce Buttered Noodles Broccoli & Cauliflower Bread Cookie</p>	<p>7</p> <p><i>CLOSED</i> (We will be at a conference and will be back with great information)</p>
<p>12</p> <p>Ham Salad on Bun Tomato Soup Carrot Raisin Salad Cake</p>	<p>13</p> <p>Sloppy Joe on Bun Creamy Cheesy Homminery Greek Salad Jello Parfait</p>	<p>14</p> <p>St. Patrick's Day Party Shepherd's Pie Corned Beef Slider with Dressing Roll Coleslaw & Dessert</p>
<p>19</p> <p>Vegetable Lasagna Side Salad w/Tomato Italian Bread Ambrosia</p>	<p>20</p> <p>Beef & Mushroom Noodle Bake Pea Salad Bread Ice Cream w/Cookie</p>	<p>21</p> <p>Fried Chicken Breast on Bun w/Lettuce & Tomato Tator Tots Creamed Corn Casserole</p>
<p>26</p> <p>Beef Patty with Mushroom Gravy Mashed Potatoes Green Beans w/Onions Bread Pudding</p>	<p>27</p> <p>Chicken Stir Fry over Rice (Oriental Vegetables) Bread Warm Spiced Apples</p>	<p>28</p> <p>Pasta with Mini-Meatballs Side Salad w/Tomato Green Beans Warm Bread Stick Cake</p>

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Activities—Events—Speakers March 2024

Tuesday	Wednesday	Thursday
<p>5 8:00-10:00 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness 11:30 Lunch 12:15 Bingo</p>	<p>6 9:00 Euchre 9:00 Crochet Class 9:30 Craft Class 11:30 Lunch 12:00 Chair Volleyball 12:30 Line Dancing</p>	<p>7 CLOSED We will be @ a Conference</p>
<p>12 8:00-10:00 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness 11:30 Lunch 12:15 Bingo</p>	<p>13 9:00 Euchre 9:00 Crochet Class 9:30 Craft Class 10:00 Dealing with Isolation & Loss Pam Cox 11:30 Lunch 12:00 Chair Volleyball 12:30 Line Dancing 1:00 Parkinson's Support Group</p>	<p>14 No Activities St. Patrick's Day Party 10:00—1:00</p>
<p>19 8:00-10:00 Coffee Club Social 8:30 Sole Vitality Clinic 10:00 Exercise 10:30 Holistic Wellness 11:30 Lunch 12:15 Bingo-Prize Sienna Skilled Nursing and Rehabilitation</p>	<p>20 9:00 Euchre 9:00 Crochet Class 9:30 Craft Class 10:30 Valley Hospice 11:30 Lunch 12:00 Chair Volleyball 12:30 Line Dancing</p>	<p>21 9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo—Prize SouthernCare Hospice Services</p>
<p>26 8:00-10:00 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness 11:30 Lunch 12:15 Bingo</p>	<p>27 9:00 Euchre 9:00 Crochet Class 9:30 Craft Class with Capital Health Nursing & Rehabilitation Centers 10:30 A&B/Diamond Pharmacies Presentation w/ Smoothies 11:30 Lunch 12:30 Line Dancing 1:00 Cell Phones with Amy</p>	<p>28 9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo—Prize A&B/Diamond Pharmacies</p>

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Happy

Birthday !

March 1

Gladys Moore

March 2

Ross Dye

March 4

Rosalie Falbo

March 6

Beatrice Lytle

March 10

Mary Mayhew

March 22

Lyle Miller

March 24

Blanche Williams

March 25

Becky Salonica

March 26

Reginald Miles

March 29

James Booth

March 30

Cheryl Stock


March 31

Mary Beth Allan

**Living-Learning-Sharing-Caring
Together As We Age**

Speakers & Visitors @
Our Place

Join us every Tuesday @ **10:30** for a
Holistic Wellness Exercise Class with
Ralph Petrella from SYNA. You'll love it!



Dealing with
Isolation and Loss
The Grieving Process

Pam Cox
Pastor/Nurse

Wednesday

March 13th.

@ 10:00



Register @ the activity table



Parkinson's Support Group

Wednesday

March 13th. @ 1:00

Register @ the activity table



Sole Vitality Foot Care Clinic

Tuesday, March 19th

Your feet are your foundation, let us care for you!

Session includes:

Assessment and inspection of the feet

Trimming, thinning, and filing of the toenails

Thinning and filing of rough skin, corns, and calluses

Management of in-grown toenails and reduction of thick or fungal nails

Ending with a moisturizing foot massage

Spots Still Available!

**Give us a call at 740-296-3600 to reserve
your time slot today!**





YOUR HEALTH IS OUR PRIORITY

SKILLED CARE THAT YOU CAN COUNT ON!

ENJOY THE COMFORT OF YOUR PHYSICIAN PROVIDING PERSONALIZED CARE AT SIENNA SKILLED NURSING & REHABILITATION!

Dr. John Figel, Medical Director

Rosann Trimmer NP

Dr. Sanjay Gupta

Dr. Shaban Shoshi

Lynn Giffin, NP

Dr. Stephen Kuruc

Dr. Atul Shah

NURSING SERVICES

- Extended IV Therapy
- Onsite Wound Care
- T.P.N
- Peritoneal Dialysis
- Dietary Consults
- Hospice Services
- Respite Stays

RESPIRATORY/PULMONOLOGY

- Respiratory Therapy
- Personalized Patient Education
- Non-Invasive Ventilation Program
- Cardio-Pulmonary Rehab

REHABILITATION SERVICES

- Physical, Occupational and Speech Therapy
- Cognition Therapy
- Stroke Recovery
- Swallow Studies
- Sleep Studies

Sienna

Skilled Nursing and Rehabilitation

740-264-5245

ContinuingHC.com

 A Continuing Healthcare Solutions Community

Visit with Kathryn — She will be presenting the prize for the first Bingo game. Tuesday, March 19th.



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.

Visit with Chris

Wednesday, March 20th @ 10:30



What is hospice?

With pain and symptom management, as well as education and support, patients and families are able to focus on what is truly important when life matters most.

Hospice is not a place, but a philosophy of care. It is a unique health care approach in which the patient and family are the focus, not the disease. Hospice care helps patients and their families make the most of the time that remains.

Hospice is a team of specially trained healthcare professionals caring for the patient and relieving anxiety for the caregiver and family. Our hospice support team helps patients manage pain and symptoms, while also providing social, emotional, spiritual and grief support for them and their loved ones. Hospice brings comfort and quality to the remaining months, weeks and days.

Who is eligible for hospice care?

Hospice care is for people who have a life-limiting illness with a life expectancy of six months or less and have chosen to focus on comfort care over treatment. Our hospice team works with each patient and their family to develop a plan of care tailored to their disease and individual needs.

Where is hospice care provided?

Because hospice is a plan of care, not a place, patients may receive hospice care wherever they call home. When medically necessary, our services are also available to hospitalized individuals.

Who provides hospice care?

Our hospice teams are highly skilled professionals and community resources, including nurses, aides, social workers, spiritual counselors, physicians and volunteers, who provide care that address the specific needs, wishes and values of each patient and their family.

Who pays for hospice care?

Hospice is covered under the Medicare Hospice Benefit (MHB), most Medicaid plans and many private insurance plans. Most plans cover hospice care and the medications, medical supplies and medical equipment related to the hospice prognosis.



For more information:
100 Wexley Avenue, Suite G, Wintersville, OH 43953
(740) 217.2420 tel • (740) 314.4983 fax • OH TDD/TTY# 800.750.0750
southerncarehospice.com

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Visit with Dan—He will be presenting the prize for the first Bingo game.



Craft Class

Wednesday, March 27th.

9:30 am

Will be provided by:

Alisa with



Capital Health Nursing &
Rehabilitation Centers

Come join the fun!

Register @ the Activity Table



Wednesday

March 27th @ 10:30

Susan will be sharing valuable information followed by a tasting of delicious, healthy smoothies.

Register @ the Activity Table



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

Wednesday,

March 27th.

@ 1:00

Register @ the activity table





Free prescription delivery to the following areas:

- ~ Belmont County
- ~ Hancock County
- ~ Toronto
- ~ Brooke County
- ~ Mingo Junction
- ~ Wintersville
- ~ 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



Visit with Susan—She will be presenting the prize for the first Bingo game. Thursday, March 28th.



Follow us on Facebook:

Our Place Jefferson County

Website:

OurPlaceJeffersonCounty.com

We now take credit cards to purchase lunch wallets, renew or purchase memberships and to make donations.

**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 Cynthia and she 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:

Our Place Activity &
Resource Center



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Lunch Wallet

You may 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 Mission:

**Living—Learning—Caring—Sharing
Together As We Age**



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Making Memories

