



of Jefferson County, Inc.
Activity & Resource Center⁵⁰⁺

April 2024

In this issue

- Community Mission Fundraiser
- Lunch Menu
- Activities/Speakers/Events Calendar
- Birthdays
- Speaker & Visitor Information
- Lunch Wallet & New Member Information
- Making Memories

Hello Everyone,

We are getting ready for the summer months. They will be full of excitement and education.

We are not having a party this month but get ready for May. We will be celebrating our 1 Year Anniversary in Our Place-Style! The party will be Thursday, May 16th. More information will come later but go ahead and mark your calendar.

First Westminster Presbyterian Church is having a Community Mission Fundraiser It is Sunday, April 7th. Please help us make this a great event. We couldn't do what we do without First West. See the flyer for complete details. We'll see you there!

As you have probably heard, we received monies through the Healthy Aging Grant distributed by the Jefferson County Health Department. We are using this to help various communities in Jefferson County through nutritious lunches, educational programs and teaching them our model of a older adult program.

The communities have decided on the name they want to use. The first two programs are Your Place—TRY (Tiltonsville, Rayland, Yorkville) and Your Place—Brilliant. We will be at these locations on days we are not here.

Please look at the Speakers-Activities-Events page as it has changed. The Cell Phone with Amy Class will be on Tuesday, April 9th & 23rd @ 11:00. This will be a 1/2 hour class so you will be done in time for lunch.

Sole Vitality is coming back on Tuesday, April 23rd. You may call the number on the flyer to make your appointment. I have heard it was a great experience from previous participants.

We haven't seen CHANGE, Inc. Mobile Clinic or Aimee in a few months because of parties but great news...they will be here on Thursday, April 4th. Linda with the Jefferson County Historical Museum will also be returning on Thursday, April 11th.

We have an exciting May planned, so make sure you stay in touch.

Cynthia R. Morris, Administrator

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

Help us by supporting
First Westminster
Presbyterian Church
Community Mission Fundraiser
This will be a great event.

First Westminster Presbyterian Church

Community Mission Fundraiser

Celebrating 110 Years of Ministry at 235. N 4th Street

Sunday, April 7th
12:00-3:00PM
Take-Out or Dine-In

**\$12
PER MEAL**

Penne Pasta, Meatball,
Salad, Bread, & Cannoli

TAKING ORDERS

Call To Order In Advance
740-282-4591

FIRST WEST *Love God Love Others*



Our Place

of Jefferson County, Inc.
Activity & Resource Center⁵⁰⁺

Menu April 2024

Tuesday	Wednesday	Thursday
2 Beef Patty with Mushroom Gravy Mashed Potatoes Green Beans Bread Brownie	3 <i>Soup Sale</i> Beef Vegetable Soup Baked Potato w/Butter & Sour Cream Three Bean Salad Ice Cream Bar	4 Grilled Chicken Breast w/Mushrooms & Onions Scalloped Potatoes Mixed Vegetables Bread
9 Chicken Salad on Bun Potato Salad Cottage Cheese w/Peaches Cake	10 Stuffed Shells Side Salad w/Tomato Vegetable Medley Ambrosia	11 Homemade Stuffed Peppers Mashed Potatoes Carrots Bread
16 Chicken Cobbler Coleslaw Warm Pineapple Crumble Bread	17 Ham & American Cheese on Bun-Lettuce & Tomato Greek Salad Potato Chips Cookie	18 Homemade Meatball on Bun w/Cheese Macaroni Salad Capri Vegetables Cake
23 Homemade Meatloaf Mashed Potatoes w/Gravy Prince Charles Vegetable Blend Bread	24 Chef Salad (Lettuce, Tomato, Egg, Ham, Turkey, Cheese) Crackers Sherbet	25 BBQ Beef on Bun Cheesy Potatoes Green Beans Warm Spiced Apples
30 Taco Salad (Lettuce, Tomato, Cheese, Onion, Taco Meat) Sour Cream, Salsa Nacho Chips Cake		Lunch is by reservation. You may reserve at the registration desk or by calling 740-520-0120 and leave a message Lunch is served 11:30—12:00 \$3 per person Menu is subject to change.

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



Our Place

of Jefferson County, Inc.
Activity & Resource Center⁵⁰⁺

Activities—Events—Speakers April 2024

Tuesday	Wednesday	Thursday
2 8:00-10:00 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness 11:30 Lunch 12:15 Bingo	3 9:00 Euchre 9:00 Crochet Class 9:30 Craft Class 11:30 Lunch 12:00 Chair Volleyball 12:30 Line Dancing	4 9:00 Exercise 9:00-12:00 CHANGE, Inc. Mobile Clinic 10:00 Line Dancing 10:30 CHANGE, Inc. 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo
9 8:00-10:00 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness 11:00 Cell Phones With Amy 11:30 Lunch 12:15 Bingo	10 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	11 9:00 Exercise 10:00 Line Dancing 10:00 Jefferson County Historical Museum 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo—Prize Dixon Healthcare
16 8:00-10:00 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness 11:30 Lunch 12:15 Bingo-Prize	17 9:00 Euchre 9:00 Crochet Class 9:30 Craft Class 11:30 Lunch 12:00 Chair Volleyball 12:30 Line Dancing	18 9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo—Prize SouthernCare Hospice Services
23 8:00-10:00 Coffee Club Social 8:30 Sole Vitality Clinic 10:00 Exercise 10:30 Holistic Wellness 11:00 Cell Phones With Amy 11:30 Lunch 12:15 Bingo	24 9:00 Euchre 9:00 Crochet Class 9:30 Craft Class with Capital Health Nursing & Rehabilitation Centers 11:30 Lunch 12:00 Chair Volleyball 12:30 Line Dancing	25 9:00 Exercise 10:00 Line Dancing 11:00 Blood Pressure Clinic 11:30 Lunch 12:15 Bingo—Prize A&B/Diamond Pharmacies
30 8:00-10:00 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness 11:30 Lunch 12:15 Bingo		



Our Place

of Jefferson County, Inc.
Activity & Resource Center⁵⁰⁺

Happy Birthday !

April 1

Sharon Grim

April 3

Lola Swanagan

Bobbie Koltz

April 5

John Sims

April 6

Virginia Reynolds

April 12

Rich Grimm

April 14

Gene Viola

Claudia Dorich

April 15

Sandra Murphy

Mary Murphy

April 17

Faye Jones

April 20

Suzy Eft

Sandy Rollo

April 29

Claudia Bell

Living-Learning-Sharing-Caring

Together As We Age

Speakers & Visitors @ Our Place

SYNA
Standard of Athletic Performance

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



CHANGE, INC.

FAMILY MEDICAL CARE
COMMUNITY HEALTH CENTER

MOBILE
MEDICAL UNIT

MOBILE CLINIC

Your Health, Our Priority!



Primary healthcare is necessary, but it can often be difficult for patients to access. Our Mobile Unit is well equipped to accommodate patients who can not come to us.

 Wellness Visits  Urgent Care  Vaccinations  Labs

OUR PLACE

Activity & Resource Center



Every First Thursday
9 AM – 12 PM

No Appointment Needed
Insured, Under-insured & Uninsured Welcome

304-797-7733

www.changeinc.org



CHANGE, INC.

Visit with Aimee and register to win a door prize. Thursday, April 4th @ 10:30



The bookmobile will be @ *Our Place* on Thursday, April 4th.

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 for you.

Did you know you can also get DVDs?



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

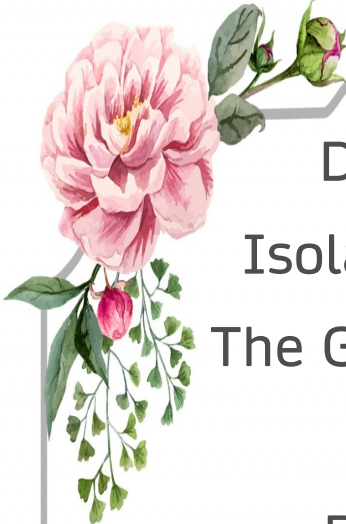
Tuesday
April 9th.

&

April 23rd.

Register @ the activity table





Dealing with
Isolation and Loss
The Grieving Process

Pam Cox
Pastor/Nurse

Wednesday

April 10th.

@ 10:00



Register @ the activity table



Thursday, April 11th. @ 10:00

Come learn with Linda Hilty

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



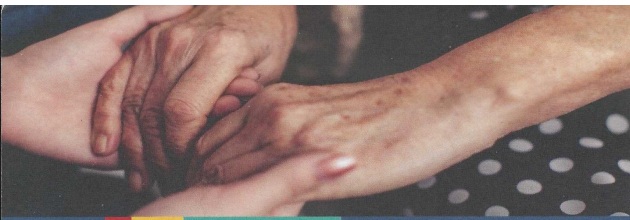
JOIN MICHELLE HOWARD, DIRECTOR OF PUBLIC
RELATIONS
OF DIXON HEALTH CARE

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



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 Wellday Avenue, Suite G, Wintersville, OH 43953
(740) 217.2420 tel • (740) 314.4983 fax • OH TDD/TTY# 800.750.0750
southerncarehospice.com

An affiliate of the Gentiva family of home care services providers. © 2023 2201130

Visit with Dan—He will be presenting the prize for
the first Bingo game on Thursday, April 18th.



Sole Vitality



Senior Foot Care Clinic

Next Clinic Scheduled For: Tuesday, April 23rd, 2024

Location: Our Place of Jefferson County

8:30 - 1:30

Your 30-Minute Session includes:

- Full 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
- Moisturizer if chosen to end the service



Happy Feet Spring Promotion! Price will only be \$25 per session for any session complete during April and May!

Payment is due at time of service and is private pay only. Cash, card, and check accepted.

To schedule your 30-minute foot care session call us at Sole Vitality today!

Phone: 740-296-3600



Craft Class

Wednesday, April 24th.
9:30 am

Will be provided by:

Alisa with

Capital Health Nursing &
Rehabilitation Centers



Come join the fun!

Register @ the Activity Table



Our Caring
and Professional
Pharmacy Liaison
Will Personally
Help You With
the Following:

Free prescription delivery to the following areas:

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

We Offer:

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



- ~ 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 on Thursday. April 25th.
Thursday, April 25th.

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



Our Place

of Jefferson County, Inc.
Activity & Resource Center⁵⁰⁺



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**



Our Place

of Jefferson County, Inc.
Activity & Resource Center⁵⁰⁺

Making Memories

