

Our Place of Jefferson County

ACTIVITY & RESOURCE CENTER 50+



JUNE 2024

Hello Everyone,

May was a remarkable and active month. We celebrated our One-Year Anniversary and took part in events held for Older Americans Month. Our newest community outreach, Wells Township Activity Center 50+, opened on May 20th and Mingo Senior Activity Center is expanding lunch services to Tuesday, Wednesday and Friday.

Our Place will be closed during the 2nd week of June. The First Westminster Vacation Bible School will be in session, and the children will be using the room. Thank you for understanding.

We look forward to seeing everyone at the annual 5K Run/Walk hosted by the Jefferson County Department of Job and Family Services and the Jefferson County General Health District. This event aims to raise awareness of Elder Abuse. Our Place will benefit from the proceeds going to the The Bozzelli Helping Hands Fund. We are committed to continuing Michael's legacy of supporting the older adults of Jefferson County. Registration forms are available on the "Activity Table" if you have not yet signed up. We are excited to see you there.

Dr. Suresh Srinivasan, Interventional Pain Management Specialist, will present a seminar on June 26th from 11:00—12:00. Dr. Srinivasan will discuss various medication-free strategies for long-term management of pain symptoms. This seminar will be particularly beneficial for those with Diabetic Neuropathy, Sciatica or Chronic Low Back Pain. Lunch will be served after the presentation for \$3. Membership to Our Place is not required, so feel free to share this information with friends and family.

We are in the process of developing several new activities and organizing our July celebration. Stay updated on upcoming events by following us on Facebook. We wish everyone a great month.

Cynthia R. Morris, Administrator



CONTACT US!
P.O. Box 524
235 N. Fourth St.
Steubenville, Ohio 43952
740-520-0120
ourplacejeffersoncounty.com



INSIDE THIS ISSUE

Chronic Pain Therapies	02
Daily Activities/Birthdays	03
Activities-Events-Speakers ..	04
Menu	05
Community Involvement	06
???????	07
5K Run/Walk	08

Medication-Free Strategies for Lasting Pain Relief



CHRONIC PAIN
Finding Your Path to Lasting Pain Relief



If you or someone you love is living with chronic pain, you're among the millions of people who know the burden it can be. There are multiple medication-free options for the long-term management of symptoms. Stop by & learn more about the types of chronic pain and the therapies available by attending our seminar.

FEATURING

Spinal Cord Stimulation (SCS) Therapy

- An established therapy used for over 50 years, SCS therapy intercepts pain signals providing long term relief for people with broad chronic pain such as Diabetic Neuropathy, Sciatica, and Chronic Low Back Pain

DRG Neurostimulation Therapy

- Similar to SCS, Dorsal Root Ganglion (DRG) therapy targets nerve roots offering people with focal pain of the lower extremities long term pain relief with Complex Regional Pain Syndrome

DATE:
Wednesday, June 26th

TIME:
11:00a-12:00pm

LOCATION:
Our Place Activity & Resource Center
Jefferson County Senior Center
235 N. Fourth St.
Steubenville, PA 43952

SPEAKER:



Suresh Srinivasan, MD
Interventional Pain Management Specialist



A&B Sunset Pharmacy
Free Rx Delivery
4201 Sunset Blvd.
Steubenville, Ohio 43952
(704) 264-5711

Free Delivery Service In Many Local & Remote Areas

Our caring and Professional Pharmacy Staff Will Personally Help you With

- *Free in-home consultation for hassle-free transfers and medication packaging
- *Call your doctor for refill authorization
- *Make sure prescriptions are automatically refilled and delivered every month
- *AND SO MUCH MORE!

CALL TODAY AND LET US HELP YOU!



Diamond Pharmacy
Free Rx Delivery
503 Cadiz Road
Wintersville, Ohio 43953
(740) 264-6500

SUPPORT OUR ADVERTISERS!

ONE SOURCE BENEFITS

Tracy McManamon

Need help with your Medicare Insurance?
Call or Text Tracy at 740-282-1132
www.onesourcebenefits.com



FREE CONSULTATION

OVER 35 YEARS EXPERIENCE



OVER 35 YEARS EXPERIENCE

ACTIVITIES

BINGO

Every Tuesday & Thursday
12:15 pm - 1:30 pm

BLOOD PRESSURE CLINIC

Every
 Tuesday **10:30 am - 11:15 am**

CHAIR VOLLEYBALL

Every
 Wednesday, **12:15 pm - 1:00 pm**

COFFEE CLUB SOCIAL

Every
 Tuesday, **8:00 am - 10:00 am**

CRAFT CLASS

Every
 Wednesday, **9:30 am - 10:30 am**

CROCHET SOCIAL

Every
 Tuesday, **9:00 am**

EUCHRE

Every
 Wednesday **9:00 am**

EXERCISE CLASS

Every
 Tuesday, **10:00 am - 10:30 am**
 Thursday, **9:00 am - 10:00 am**

HOLISTIC WELLNESS

Every Tuesday, **10:30 am - 11:00 am**

LINE DANCING

Every
 Wednesday **12:30 pm - 1:30 pm**
 Thursday **10:00 am - 11:00 am**

LUNCH

Tuesday, Wednesday & Thursday
11:30 am - 12:00 pm

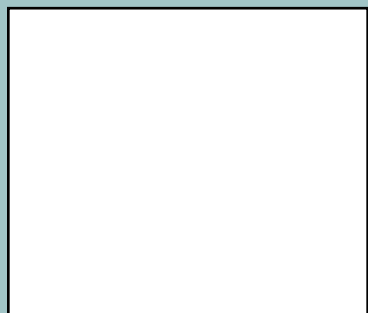
BIRTHDAYS

June 1	Susie Hassan
June 4	Marsha Johnson
June 5	Regina Truax
June 7	Zana Pawlin
	Laura Och
June 9	Keith LeRoy
June 12	Patricia Butler
June 13	Shirley Dietrich
June 14	Sherri Hall
June 15	Jackie Collins
	Lori Miller
	Dwayne Longmire
	Marge Bish
June 16	Jayne Wilson
June 17	Bobbie Blackburn
June 23	Pat Tomblin
June 25	Jodi Cunningham
June 27	Marilyn Campbell

**THRIVE
 LOCALLY**

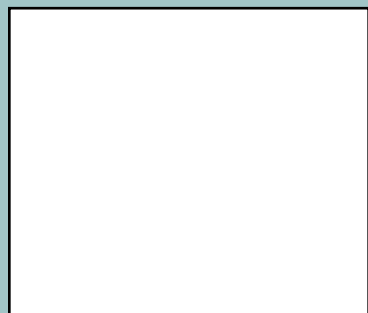
ADVERTISE HERE
 to reach your community

Call 800-477-4574



FREE
 AD DESIGN
 with purchase
 of this space

CALL 800-477-4574



TUESDAY	WEDNESDAY	THURSDAY
4 8-10 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella 11:30 Lunch 12:15 Bingo	5 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing	6 9:00 Exercise Class 9-12 CHANGE, Inc. Mobile Clinic 10:00 Line Dancing 10:30 CHANGE, Inc./Aimee Livingston 10:30 Bookmobile 11:30 Lunch 12:15 Bingo/Michael Vok Laurels of Steubenville
11 <i>CLOSED</i>	12 <i>CLOSED</i>	13 <i>CLOSED</i>
18 8-10 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella 11:30 Lunch 12:15 Bingo	19 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing	20 9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo/Dan Curtis SouthernCare Hospice Services
25 8-10 Coffee Club Social 9:00 A&B/Diamond Pharmacies Healthy Smoothies 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella 11:30 Lunch 12:15 Bingo	26 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:00 Chronic Pain Management Dr. Srinivasan Lunch will be served 12:15 Chair Volleyball 12:30 Line Dancing	27 9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo/Susan Tarr A&B/Diamond Pharmacies

Healthy Smoothies

By

Susan Tarr

A&B / Diamond Pharmacies

Tuesday
June 25th
9:00 AM

Start your day with a delicious healthy smoothie.



Suresh Srinivasan, MD
 Interventional Pain
 Management Specialist

Wednesday
June 26th
11:00 AM

Medication-free options for long-term management of pain symptoms

MENU JUNE 2024

TUESDAY	WEDNESDAY	THURSDAY
4 Meatloaf Mashed Potatoes w/Gravy Prince Charles Vegetable Bread	5 Sweet & Sour Chicken Rice Pilaf Asian Vegetables Applesauce	6 All Beef Hot Dog on Bun French Fries Macaroni Salad Fresh Fruit
11 <i>CLOSED</i>	12 <i>CLOSED</i>	13 <i>CLOSED</i>
18 Chef Salad (Lettuce, Tomato, Eggs, Ham, Turkey, Onions) Crackers Fresh Fruit Cup	19 Cabbage Roll Mashed Potatoes Green Beans Grapes & Bread	20 Chicken Cobbler Coleslaw Warm Apple Crumble Bread
25 Chicken Linguini Alfredo Side Salad w/Tomato Vegetable Medley Italian Bread—Ice Cream Bar	26 Choice of: Ham or Turkey with Cheese Croissant w/Lettuce & Tomato Potato Salad—Watermelon	27 Penne Pasta w/Meat Sauce Salad Bar Ambrosia Bread Sticks
* Menu is subject to change.		

Wednesday, June 26th

Suresh Srinivasan, MD

Interventional Pain Management Specialist

Medication-free options for the
 long-term management of pain symptoms

Broad chronic pain: Diabetic Neuropathy, Sciatica
 and Chronic Low Back Pain

Focal Pain of the lower extremities, Long Term Pain Relief

RSVP @ Lunch Desk or Call 740-520-0120

Lunch will be served \$3—Choice of: Ham or Turkey with Cheese Croissant w/Lettuce & Tomato
 Potato Salad—Watermelon

COMMUNITY INVOLVEMENT

**SYNA
Holistic Wellness**
Every Tuesday
10:30 am

**CHANGE, Inc.
Mobile Clinic**
Thursday, June 6th
9am-Noon

**CHANGE, Inc.
Aimee Livingston**
Thursday, June 6th
10:30—11:30 am

**Public Library of Steubenville &
Jefferson County Bookmobile**
Thursday, June 6th
10:30

**Dealing with Isolation & Loss
Pam Cox**
See you in July

Parkinson's Support Group
See you in July

**Jefferson County Historical Museum
Linda Hilty**
See you in July

**Dixon Healthcare
Michelle Howard**
See you in July

**SouthernCare Hospice
Dan Curtis**
Thursday, June 20th
Noon

**Capital Health Nursing &
Rehabilitation Centers
Alisa Delguzzo
Craft Class**
Wednesday, June 19th
9:30 am

**A&B/Diamond Pharmacies
Susan Tarr**
Tuesday, June 25th
Noon

**A&B/Diamond Pharmacies
Susan Tarr**
Thursday, June 27th
Noon

Place Your Ad Here and Support our Community!
Instantly create and purchase an ad with
AD CREATOR STUDIO



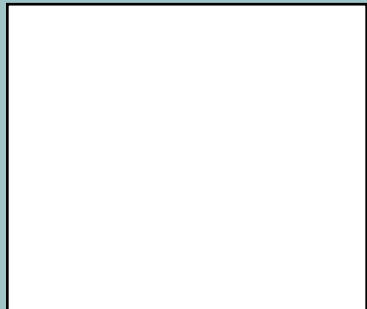

lpicommunities.com/adcreator

NEVER MISS OUR NEWSLETTER!
SUBSCRIBE

Have our newsletter emailed to you.



Visit www.mycommunityonline.com

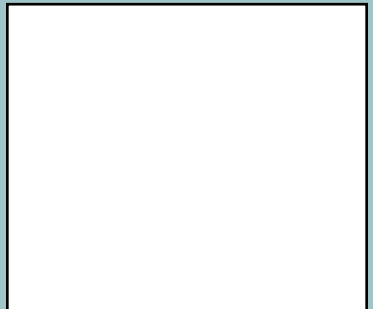


ADT-Monitored Home Security
Get 24-Hour Protection From a Name You Can Trust

- Burglary
- Flood Detection
- Fire Safety
- Carbon Monoxide




Authorized Provider SafeStreets **833-287-3502**



CHAIR VOLLEYBALL



Chair Volleyball reduces stress and boosts confidence. It's a lot of fun too!

LINE DANCING

Line dancing is easy to learn group dancing. The steps are simple and don't involve a partner.

It's great exercise!



VOLUNTEER



Our Place is thankful for our volunteers.

Are you interested in becoming a part of this special team?

Let us know!

LET'S GROW YOUR BUSINESS
 Advertise in our Newsletter!

CONTACT ME
Teresa Perkins

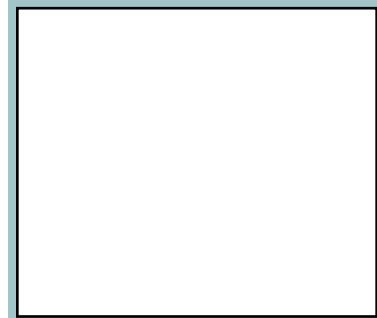
tperkins@lpicommunities.com
 (800) 950-9952 x2611

DOES YOUR NONPROFIT ORGANIZATION NEED A NEWSLETTER?

Engaging, ad-supported print and digital newsletters to reach your community.

Visit lpicommunities.com

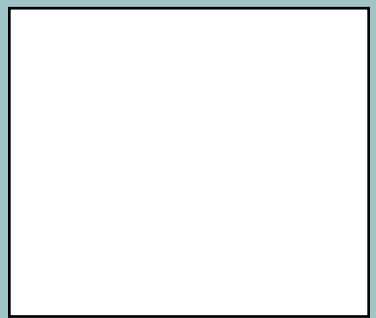
Scan to contact us!



WE'RE HIRING!
AD SALES EXECUTIVES
 BE YOURSELF.
 BRING YOUR PASSION.
 WORK WITH PURPOSE.

- Paid training • Some travel
- Work-life balance
- Full-Time with benefits
- Serve your community

Contact us at careers@4lpi.com or www.4lpi.com/careers





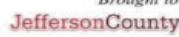
**2ND ANNUAL TAKING STEPS TO
END ELDER ABUSE 5K RUN AND
WALK**

**Support our Aging Community!
Come for Raffles and Vendors!**

**Proceeds will be donated to The Bozzelli Helping
Hands Fund with Our Place of Jefferson County.**

*Medals for top three finishers in each age category!
60+ participants registration fee covered by the Jefferson
County Healthy Aging Grant.*

Register by June 1st to guarantee a T-Shirt!
Brought to you by:

 Department of
Job and Family Services

SATURDAY,
JUNE 22, 2024

REGISTRATION

8:00-8:45 AM

1K KIDS FUN RUN
9:00 AM

ADULTS RUN

9:20 AM

WALK

9:25 AM

REGISTER HERE!



[HTTPS://RUNSIGNUP.COM/RACE/OH/ST
EUBENVILLE/TAKINGSTEPSTOEN
DELDERABUSE5K](https://runsignup.com/Race/OH/Steubenville/TakingStepsToEndElderAbuse5K)

Location:

Jim Woods Park

100 Canterbury Blvd.
Steubenville, OH 43952

Shelter A

Come Join Us To End Elder Abuse

Proceeds will be donated to:

The Michael Bozzelli Helping Hands Fund

This fund is designated to help those
who need a little extra love.

We sadly lost Michael on 12-25-2023.

Michael was such an important member of
our team and many donations were made to
Our Place in his memory.

We were able to purchase:

A beverage cooler for the café

3 Storage cabinets

A table banner for Bozzelli Bingo

We are committed to continuing Michael's
legacy of supporting the older adults of
Jefferson County.