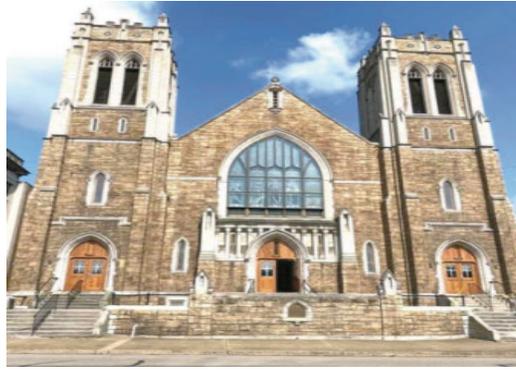




Our Place of Jefferson County

ACTIVITY & RESOURCE CENTER 50+



JULY 2024

Hello Everyone,

We're thrilled to share that the 2nd Annual Taking Steps To End Elder Abuse 5K Run/Walk was a resounding success. This event was brought to life through the support of the Jefferson County Department of Job and Family Services and the Jefferson County Health Department. The proceeds have been generously donated to the "Bozzelli Helping Hands Fund" and will significantly aid older adults in need of additional support. Despite the sweltering heat, we saw an impressive turnout and celebrated our medalists! A hearty congratulations to Bobbie Blackburn, Linda Dye, and Debbie Luvisi for their outstanding performance. Our heartfelt thanks go to Job and Family Services and the Jefferson County Health Department for selecting Our Place this year.

Don't miss out on our upcoming Luau on July 10th—be sure to secure your reservations at the lunch desk or by calling 740-520-0120. We're excited to have Danielle from Sole Vitality and Susan from A&B/ Diamond Pharmacies bring their services to Our Place. Please visit the Activity Calendar to register.

Thanks to the Healthy Aging Grant, we've received new equipment. A big thank you to the Jefferson County Health Department for acknowledging the value of our program. We eagerly anticipate assisting more communities in establishing their programs.

We're diligently working on new programs and planning events for the upcoming months.

In these warm summer months, it's important to look out for your family, friends, and neighbors. If anyone requires assistance, remember we're here to lend a hand.

The well-being of the Jefferson County older population is always our top concern.

Cynthia R. Morris
Administrator



CONTACT US!

P.O. Box 524

235 N. Fourth St.

Steubenville, Ohio 43952

740-520-0120

ourplacejeffersoncounty.com



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Living-Learning-Sharing-Caring
Together As We Age

Check Stealing: Paper checks can be stolen from mailboxes and the ink is washed off with chemicals. A new amount is then filled and a new payee. Now thieves are taking a digital picture of stolen checks and then altering them by using commercially available software. Criminals then print a new phony check or deposit it using a bank's mobile app.

How to stay safe : Send bills and money by electronic transfers from your bank. If you do want to send checks drop them off at the nearest post office instead of using a neighborhood mailbox. Continually monitor your checking account.

Voice Printing: New technological advances allow thieves to capture a recording of your voice and let them impersonate you. That voiceprint can be used to access your financial institution. They can request funds be transferred to an account they control.

How to stay safe: Do not have phone conversations with anyone other than family and close friends. Calls that look like a familiar number could be coming from a stolen phone.

(Information obtained from the AARP Prevention Guide Fraud 2024)

 <p>A&B Sunset Pharmacy Free Rx Delivery 4201 Sunset Blvd. Stenvenville, Ohio 43952 (704) 264-5711</p>	<p>Free Delivery Service In Many Local & Remote Areas Our caring and Professional Pharmacy Staff Will Personally Help you With</p> <ul style="list-style-type: none"> *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! <p>CALL TODAY AND LET US HELP YOU!</p>	 <p>Diamond Pharmacy Free Rx Delivery 503 Cadiz Road Wintersville, Ohio 43953 (740) 264-6500</p>
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<p>ONE SOURCE BENEFITS</p> <p>Tracy McManamon Need help with your Medicare Insurance? Call or Text Tracy at 740-282-1132 www.onesourcebenefits.com</p>	 <p>FREE CONSULTATION</p> <p>OVER 35 YEARS EXPERIENCE</p> <p>OVER 35 YEARS EXPERIENCE</p>
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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

- July 3 Joanne Rea
- July 4 Patti Losey
- July 8 Rosa Mathews
- July 10 Sharon Miles
- July 12 Anna Roe
- July 18 Mary Landerfield
- July 20 Linda Dye
- July 21 Tonya Hill
- July 28 Deb Bonuito
Sarah Grafton
- July 29 Vivian Simpson
- July 30 Lori Jablonski
Carl Myers



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MENU JULY 2024

TUESDAY	WEDNESDAY	THURSDAY
<p>2</p> <p>Cheeseburger on Bun French Fries Coleslaw Fresh Fruit</p>	<p>3</p> <p>Chicken Stir-Fry over Noodles Stir-Fry Vegetables Warm Pineapple Crumble Bread</p>	<p>4 CLOSED</p> 
<p>9</p> <p>Chicken w/Cavatappi Pasta Side Salad w/Tomato Broccoli Italian Bread Ice Cream Bar</p>	<p>10</p> <p style="text-align: center;">Party</p> <p style="text-align: center;">Aloha</p> <p style="text-align: center;">Hawaiian Buffet</p>	<p>11</p> <p>Taco Salad (Lettuce-Tomato-Cheese Onions-Taco Meat) Sour Cream—Salsa Chips—Sherbet</p>
<p>16</p> <p>Meatball w/Provolone on Bun Roasted Potatoes Green Beans w/Peppers & Onions Cookie</p>	<p>17</p> <p>Stuffed Shells Side Salad w/Tomato Prince Charles Vegetables Italian Bread Tropical Fruit</p>	<p>18</p> <p>Grilled Chicken Breast w/Peppers-Mushroom-Onions Scalloped Potatoes Creamed Corn Jello Parfait w/Whipped Cream</p>
<p>23</p> <p>Sloppy Joe on Bun Tator Tots Macaroni Salad Grapes</p>	<p>24</p> <p>Tuna Salad on Bun Vegetable Soup Crackers Ambrosia</p>	<p>25</p> <p>Roast Beef Mashed Potatoes w/Gravy Carrots Cake</p>
<p>30</p> <p>Hot Dog Bar Steak Fries Salad Bar Fresh Fruit</p>	<p>31</p> <p>Stuffed Pepper Mashed Potatoes Greek Salad Ice Cream Sandwich</p>	
<p>* Menu is subject to change.</p>	<p style="text-align: center;">Living-Learning-Sharing-Caring Together As We Age</p>	

JULY 2024 ACTIVITIES-EVENTS-SPEAKERS

TUESDAY	WEDNESDAY	THURSDAY
<p>2 8-10 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella 11:30 Lunch 12:15 Bingo</p>	<p>3 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>4 CLOSED</p> 
<p>9 8-10 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella 11:30 Lunch 12:15 Bingo</p>	<p>10</p> <p><i>Party</i></p> <p>Aloha</p>	<p>11 9:00 Exercise 10:00 Line Dancing 10:00 Jefferson Co. Historical Museum Linda Hilty 10:30 Allison Heavilin-Medicare Agent (Informational Table) 11:30 Lunch 12:15 Bingo - Michelle Howard Dixon Healthcare</p>
<p>16 8-10 Coffee Club Social 8:30 Sole Vitality—Danielle Warren Foot Clinic 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella 11:30 Lunch 12:15 Bingo</p>	<p>17 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 10:30 Chris Orris—Valley Hospice 11:30 Lunch 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>18 9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo/Dan Curtis SouthernCare Hospice Services</p>
<p>23 8-10 Coffee Club Social 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella 11:30 Lunch 12:15 Bingo</p>	<p>24 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class-Capital Health 12:15 Chair Volleyball 12:30 Line Dancing</p>	<p>25 9:00 Exercise Class 10:00 Line Dancing 11:30 Lunch 12:15 Bingo/Susan Tarr A&B/Diamond Pharmacies</p>
<p>30 8-10 Coffee Club Social 9:00 A&B/Diamond Pharmacies Healthy Smoothies 10:00 Exercise 10:30 Holistic Wellness/Ralph Petrella</p>	<p>31 9:00 Euchre 9:00 Crochet Social 9:30 Craft Class 12:15 Chair Volleyball 12:30 Line Dancing</p>	

Healthy Smoothies By Susan Tarr with A&B / Diamond Pharmacies

Tuesday, July 30th @ 9:00 AM—Register at the Activity Table

Start your day with a delicious healthy smoothie.

COMMUNITY INVOLVEMENT

SYNA
Holistic Wellness
 Every Tuesday
 10:30 am

CHANGE, Inc.
Mobile Clinic
 See you in August

CHANGE, Inc.
Aimee Livingston
 See you in August

Public Library of Steubenville & Jefferson County Bookmobile
 See you in August

Dealing with Isolation & Loss
Pam Cox
 Wednesday, July 10th @ 10:00 am

Parkinson's Support Group
 Wednesday, July 24th
 10:00 pm

Jefferson County Historical Museum
Linda Hilty
 Thursday, July 11th
 10:00 am

Dixon Healthcare
Michelle Howard—Bingo
 Thursday, July 11th
 Noon

Medicare Agent
Allison Heavlin
 Thursday, July 11th
 10:30 am

Sole Vitality Foot Clinic
Danielle Warren
 Tuesday, July 16th
 By Appointment

Valley Hospice
Chris Orris
 Wednesday, July 17th
 10:30 am

SouthernCare Hospice
Dan Curtis—Bingo
 Thursday, July 18th
 Noon

Capital Health Nursing & Rehabilitation Centers
Alisa Delguzzo Craft Class
 Wednesday, July 24th
 9:30 am

A&B/Diamond Pharmacies
Susan Tarr—Bingo
 Thursday, July 25th
 Noon

A&B/Diamond Pharmacies
Susan Tarr—Smoothies
 Tuesday, July 30th
 9:00 am

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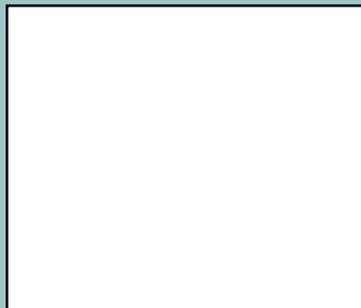
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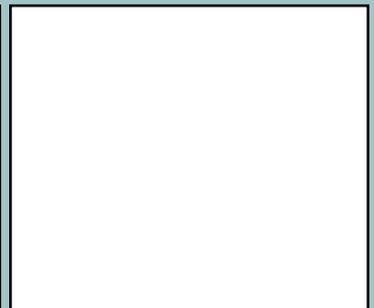
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SAVE THE DATE



We are having a very special event on Thursday, September 19th. Mark your calendar!

PARKINSON'S SUPPORT



The Parkinson's Support Group
Wednesday, July 24th
10:00 am

DEALING W/ISOLATION



Dealing w/Isolation & Loss with Pam Cox
Wednesday, July 10th
10:00 am

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CONTACT ME
Teresa Perkins

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

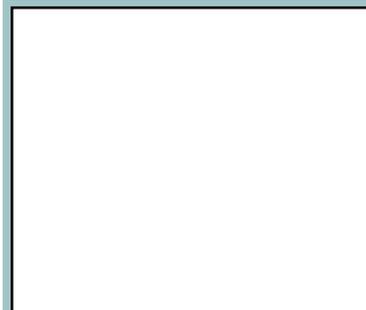
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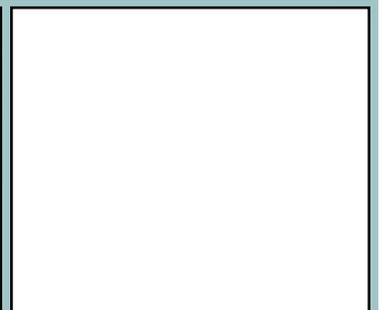


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Aloha



**Wednesday, July 10th
10:00—1:00**

Hawaiian Buffet

**Chicken & Beef Kabobs-Rice Pilaf
Fruit Kabobs
Pineapple Upside Down Cake
and Much More**

**Music by Rich Grim
Door Prizes—Auction Table
Raffle & 50/50**

**Signature Non-Alcoholic Drink Table
Games**

Members \$5.00 & Guests \$7

**Wear your Hawaiian attire or
bright colored clothes
(not required)**

