

Longevity in Licking County

How you want to age matters to LCAP. As an individual, you have the power to increase your longevity by building and joining new supportive social networks. On a broader level, you play a crucial role in understanding and advocating for what would make Licking County a great place to age well.

Every time you see a QR code throughout this publication, please pause to see if you have an opinion or perspective to offer. Share your stories, give your perspective, and help us make Licking County a wonderful place to live for every age and every stage.

Learn more on page 5.

Food, Facts, and Fun

National Nutrition Month is here, and we have a lot to celebrate. Our Meals on Wheels program touches the lives of more people than any of our other services. March is always filled with many initiatives and awareness events, so why does nutrition matter so much, and how do you support National Nutrition Month and #SaveLunch?

Learn more on page 10.



Celebrating Social Work

This March, we are celebrating our Social Service Workers and Case Managers at LCAP! We pride ourselves on addressing our clients' needs from a whole-person perspective. This year, we want to know how we can partner with you even more. We are seeking information from caregivers to ask, "What do you need?"

Learn more on page 12.

Helping Adults Flourish, Together

We are a 501(c)(3) non-profit organization with a mission to improve the quality of life for Licking County seniors by contributing to their independence and healthy lifestyles. Our services are available to all, regardless of ability to pay, thanks to local, state, and federal funds, as well as donations and grants from the community.

Service to Your Door

We provide Meals on Wheels to any home-bound individual 60 years and older who resides in Licking County, as well as have homemaking, personal care, chore, and transportation services available to those who need a helping hand from time-to-time.

Service at Our Door

Activities and events take place in our senior center (and throughout Licking County) on a daily basis to assure there are opportunities for socialization and building relationships for those that are able to come to our doors and are 60 years and older. Join us for a meal and activities at our main site, Heritage Hall, or at one of our other six social lunch sites throughout the county. Our building also contains an Adult Day Center for those who need respite care for a loved one.

Service Beyond Doors

Navigating life as we age can be difficult in any season. Our Social Services team offers in-home assessments, referrals and connections in many areas. The Center for Visual Improvement offers basic eye care and low-vision aids, as well as resources for those struggling with their vision (and is available to all ages). We also have numerous assistive programs, such as Project Safe Senior, incontinence supplies, fans in the summer, and a Pet Food Pantry.

We connect, consult, and care for any issue you might face.

To see a full list of our leadership staff and Board of Directors please visit lcap.org under the **About Us** section.

Funding Partners



Our 2023 Impact

243,641 Meals Served



22,651
Activity
Check-Ins



15,036
Hours
Homemaking



7,420
Hours
Personal Care



7,292
One-Way
Transports



5,513
Smilemaker Calls



3,802
Hours ADC Care



2,320
Social Service
Referrals



1,133
Chore Hours



369
CVI Clients
Center for Visual Improvement

LCAP is a partner that helps older adults in Licking County experience their golden years to the fullest. We not only have assistive services and uplifting resources that make this a possibility, but we have expert staff and board members to carry this to fruition and address the specific needs of our partners in aging throughout Licking County.

Service and Success

The Jerry Jones Service Above Self Award

In 2023, LCAP introduced the Jerry Jones Service Above Self award. Named in memory of beloved retired custodian, Jerry Jones, the award honors an outstanding staff member who makes an incredible difference in the lives of our clients. This employee also treats co-workers with respect and dignity and reflects Jerry's example of loving and respecting every individual who entered our doors. This will become an annual award recognizing outstanding employees that help make LCAP a great place to work and visit.

Two inaugural recipients were honored:

Sarah Thomas and **George Burden**.

Sarah is an Activity Coordinator who has been with LCAP for almost 2 years and is known for always welcoming new clients like family. George retired as a Meal Delivery Driver in December, after more than 20 years with our organization. Rain, snow, or sleet, he ensured that our meal clients had friendly conversations and a nutritious meal daily. George will be greatly missed, but we wish him the best in his retirement!



Walt Zang - Associate Executive Director, Sarah Thomas, Melissa Owens - Executive Director, and George Burden.

Volunteer Appreciation

April is Volunteer Appreciation Month, and we would like to extend our heartfelt appreciation to the exceptional volunteers who work alongside our staff. With the help of volunteers, we are able to extend the reach of our mission and provide so many more programs. Whether it's assisting with our daily tasks, providing companionship, or helping serve during our events, their impact is immeasurable, and we are truly grateful for their energy, smiles, and encouragement.

Volunteering with local nonprofits like ours is a powerful catalyst for positive change. As volunteers invest their time and skills, they address immediate challenges and contribute to the community's long-term well-being, embodying the true spirit of civic engagement and making a lasting difference in the lives of those they serve.

If you are interested in volunteering with us, contact lcap@lcap.org or call (740) 345-0821.

Community Connections

Recognizing the challenges older adults face, we have taken a proactive approach to connected communities and strategically established seven social lunch sites throughout Licking County to provide convenient and welcoming spaces for individuals to gather, connect with old friends, and build new relationships. Not only does this initiative counteract isolation, but it also aligns with evidence highlighting that community participation significantly contributes to the health and well-being of older adults. The Journals of Gerontology, Series B: Psychological Sciences and Social Sciences, found that older adults who interacted with people beyond their usual social circle of family and close friends were likely to have higher levels of physical activity, greater positive moods, and fewer negative feelings—community matters. Join us for lunch at one of the sites below:

- **Buckeye Lake:** Harbor Community Center – 5312 Walnut Road (Served at 12:15 PM)
- **Johnstown:** Ridgeview Manor – 209 Clark Drive (Served at 12:30 PM)
- **Newark:** Heritage Hall – 1058 East Main Street (Served at 11:30 AM)
- **Newark:** Downtown – 123 South Third Street (Served at 12:00 PM)
- **Newark:** Sharon Glyn Apartments – 914 Sharon Valley Road (Served at 12:00 PM)
- **Pataskala:** West Licking County Family YMCA – 355 W Broad Street (Served at 12:00 PM)
- **Utica:** Sertoma Building – 134 North Central Avenue (Served at 12:30 PM)

Meals are for those 60 and older residing in Licking County, with a suggested donation of \$3. Meal reservations or cancellations must be made by 4:00 PM the business day prior. Call (740) 345-0821 ext. 1218 to make a reservation or cancel a meal at any site.

Creating The Future

Our community is taking a big step towards becoming even more livable and accessible for all ages. We were accepted into the AARP Age-Friendly Initiative, and we are using this platform to create positive changes for people of all ages and all stages. We are currently working to gather input from the community and need volunteers who want to help! Please contact Age-Friendly Coordinator, Kimberly Hosler, at khosler@lcap.org to find out how you can be a part of this initiative.



Age-Friendly Communities
Are Livable for
People of All Ages
aarp.org/livable

Events

ARTS & CRAFTS

3D Butterfly Sculpture

Thursday, March 14, 2:30 PM

Egg Carton Flower Wreath

Thursday, March 21, 2:30 PM

Landscape Watercolor Painting

Thursday, April 4, 2:30 PM

Glass Painting

Thursday, April 11, 2:30 PM

Spring Acrylic Painting

Thursday, April 18, 2:30 PM

Flower Wall Art

Thursday, April 25, 2:30 PM

ENTERTAINMENT

Gene Perrine

Thursday, March 7, 11:30 AM

Thursday, April 4, 11:30 AM

Joe Perrotta

Tuesday, March 26, 12:30 PM

Presented at the Downtown location

Tuesday, April 16, 12:15 PM

Presented at the West

Licking County Family YMCA

Myers Family Singers

Thursday, April 19, 2:00 PM

Presented at Heritage Hall

ALZHEIMER'S CAREGIVER SUPPORT GROUP

Thursday, March 7, 11:30 AM

Thursday, April 4, 11:30 AM

Thursday, May 2, 11:30 AM

EVENT REGISTRATION

All events require a head count so that we have enough supplies and seats for you!

Please call (740) 345-0821 to register.

FITNESS

Chair Yoga

Mondays, 12:30 – 1:00 PM

Chair Exercise

Mondays, 1:00 – 2:00 PM

Wednesdays, 1:00 – 2:00 PM

Cardio Drumming

Tuesdays, 1:00 – 2:00 PM

Fridays, 1:00 – 2:00 PM

Tai Chi for Arthritis

Wednesdays, 10:00 – 11:00 AM

Beginner Tap Dance

Thursdays, 1:00 – 2:00 PM

HEALTH AND WELLNESS

Foot Care Clinic

Presented by Priceless Foot & Nail Care
Appointments should be made by calling
(614) 354-7033.

Thursday, March 21, 9:00 AM – 3:00 PM

Thursday, April 18, 9:00 AM – 3:00 PM

LOW VISION SUPPORT GROUP

Tuesday, March 26, 2:00 PM

Tuesday, April 23, 2:00 PM



COOKING & BAKING

Cupcake Decorating with Tammy

Presented by Ohio Premier Home Health
Friday, March 22, 2:00 PM

MOVIE MATINEE

As Good as It Gets

Friday, March 1, 2:00 PM

What About Bob

Friday, March 22, 2:00 PM

Anger Management

Friday, April 12, 2:00 PM

MEDICARE FOR BEGINNERS

Tuesday, March 19, 6:00 – 7:30 PM

Class will be held at Heritage Hall

Wednesday, April 17, 6:00 – 7:30 PM

Class will be held at the West Licking County Family YMCA

EDUCATION

Techspert Classes

Presented by Licking County Library

“Passwords, Protection, and Passkeys”

Tuesday, March 12, 1:00 PM

“Get to Know Artificial Intelligence”

Tuesday, April 9, 1:00 PM

Crochet

Wednesday, March 20, 3:00 PM

Wednesday, April 17, 3:00 PM

LCAP Book Club

Monday, March 25, 10:00 AM

Monday, April 22, 10:00 AM

Legends of Gardening

Presented by Together We Grow Gardens

777 East Main Street, Newark

Starting Summer Seeds

Tuesday, March 26, 2:00 PM

Barrel Hydroponics

Tuesday, April 30, 2:00 PM

GAMES

Bingo

Tuesdays & Thursdays, 10:00 AM

Other trivia, card, and board game times will now take place at our Downtown location.

Please pick up a printed version of that calendar at our front desk or visit lcap.org.

OUTINGS & EXCURSIONS

Coffee Klatch

Join us for coffee and conversations at Newark Station!

325 West Main Street, Newark

Monday, March 11, 9:00 AM

(No Coffee Klatch in April due to Solar Eclipse closing.)



Heisey Museum Tour

Tour our local Heisey Museum and learn all about the history of glass making in Ohio.

Tickets are \$4 per person. Pay at the door.

169 West Church Street, Newark

Tuesday, March 12, 9:00 AM

The Dawes Arboretum Fishing Outings

Admission is covered by LCAP.

Wednesday, March 27, 9:00 AM

Wednesday, April 24, 9:00 AM

Bowling at Park Lanes

Friday, March 29, 2:00 PM

Friday, April 26, 2:00 PM



Special Events

BREAKFAST & LUNCH CLUB

IHOP

Tuesday, March 5, 9:00 – 11:00 AM
651 Hebron Road, Heath

Buckeye Winery

Tuesday, March 19, 11:00 AM – 1:00 PM
25 N 3rd Street, Newark

Cottage Restaurant

Tuesday, April 2, 9:00 – 11:00 AM
2710 W High Street NE, Newark

Lakeside Diner

Tuesday, April 16, 11:00 AM – 1:00 PM
5276 Walnut Road, Buckeye Lake

SPECIAL EVENTS

New Client and Cake Day

Come and join us for a tour, a Q&A session, get signed up for activities, and stay for cake! Cake sponsored by Middleton Senior Living.

Friday, March 1, 10:00 AM – 12:00 PM
Friday, April 5, 10:00 AM – 12:00 PM

Low Cost Vet Clinic

Provides routine preventative care to companion pets. Applications are available on our website and at Heritage Hall.

Tuesday, March 12, 12:00 – 5:00 PM
Friday, May 24, 12:00 – 5:00 PM

CVI Spaghetti Dinner

A community awareness and fundraising event to support our Center for Visual Improvement. Filter in and out at any time to enjoy a meal, enjoy live music by Rese Jhordan, and browse our low vision aids. Tickets are \$5 and donations are appreciated.

Tuesday, March 19, 4:30 – 6:30 PM

Mother's Day Tea at the Greenhouse

Sip teas, enjoy snacks, and celebrate amazing mothers. Tickets are \$3 person.
Wednesday, May 15, 2:00 PM

NEWSLETTER DAY

Wednesday, April 17, 9:00 AM

UPCOMING CLOSINGS

Total Solar Eclipse

Monday, April 8, 2024

This is the first Total Solar Eclipse Ohio has seen in 208 years. Emergency personnel are expecting an unprecedented number of visitors in North Central Ohio, and have recommended closing schools and business for traffic control. To learn more about Ohio's Total Solar Eclipse visit Eclipse.Ohio.Gov. Licking County Library will also have local resources.

Memorial Day Monday, May 27, 2024



Opening Minds Through Art (OMA) Art Show and Auction

Wednesday, May 8, 4:30 – 7:30 PM

Join us for the celebratory conclusion to our 2024 Opening Minds through Art (OMA) series. Meet and applaud the Artists and their young volunteers and explore the artwork they have been creating since January. Admire the benefits of building bridges across age and cognitive barriers through art. Enjoy hors d'oeuvres and be prepared to bid on the selection of

professionally framed modern art pieces they've created in the past few months. But more than anything, help us break the stigma that dementia robs people of their identity and support our inclusive art programming!



OMA is an award-winning, evidence-based, intergenerational art-making program for people with Alzheimer's disease and other neurocognitive disorders.

Senior Health and Wellness Expo

Friday, May 10, 10:00 AM – 12:00 PM

The annual Senior Health and Wellness Expo is a vital gathering that brings together over 40 vendors, each offering valuable resources and small promotional items tailored for older adults. It serves as a wonderful opportunity for individuals to step out, connect with local resources, and enhance their overall well-being. Don't miss this chance to explore, learn, and stay informed about the wealth of services in your community.

Join us at the Senior Health and Wellness Expo – your gateway to a healthier and more connected lifestyle!



National Nutrition Month



Known as National Nutrition Month, March is a time to emphasize the significance of informed food choices and cultivating healthy eating habits. It's a month where we seamlessly intertwine two impactful initiatives, namely Meals on Wheels America's #SaveLunch Community Champions Week and Operation Feed, to address food insecurity in our communities.

During #SaveLunch Community Champions Week, from March 18 to 22, we extend a warm invitation to elected officials and community leaders to offer helping hands in delivering meals, advocate for older adults, and raise awareness about the nutritional programs in place. The everyday person can also make an impact, protecting and strengthening of the necessary nutrition programs many of our neighbors rely on, by volunteering, donating time, and speaking out for seniors throughout March.



Our Meals on Wheels program extends beyond delivering nourishing meals; it harnesses the impactful sound of a knock to shatter the silence of social isolation. For numerous homebound individuals, that familiar knock is more than a meal—it's a comforting link to the outside world. Each day, our staff not only delivers a safety check but engages in a brief conversation, providing essential companionship. Caregivers gain peace of mind, reassured that their loved ones are supported and acknowledged. Any concerns or issues observed during these check-ins are promptly addressed, ensuring timely assistance if needed.

"We can't do it alone – it takes all of us to save lunch for our seniors," said Ellie Hollander, President and CEO of Meals on Wheels America. This collaborative effort not only supports the nutritional needs of older adults but also reinforces the importance of community engagement. It serves as a support system that addresses social and safety aspects, empowering individuals to maintain independence and age in place with dignity. All because of a knock and a meal.

Of Home Delivered
Meal Clients

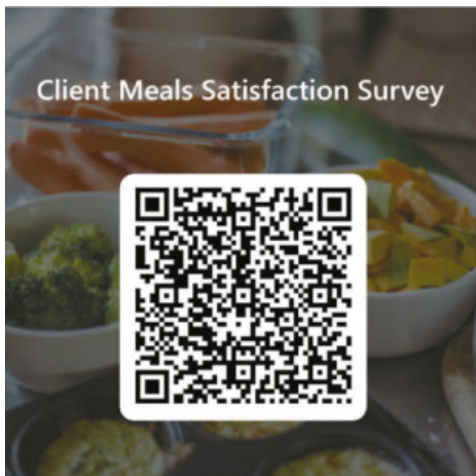


say the meals help them
LIVE INDEPENDENTLY

We take pride in ensuring that the meals provided are packed with essential nutrients and vitamins, contributing to a healthy and independent lifestyle. With your support to Meals on Wheels America's #SaveLunch it is possible for us to continue to ensure that the meals we prepare are packed with essential nutrients and vitamins through quality fresh ingredients that aren't processed. And as an extra fun fact – we don't add extra salt when we prepare our food here. We're following the USDA guidelines for low-sodium diets to make sure you have a healthy and tasty meal. So, if your doctor says you need a low-sodium diet, you can choose our low-sodium meal option. It's all about keeping you healthy and happy!



As we focus on individual nutrition, the organization recognizes the broader community need addressed through Operation Feed. Commencing on March 1, Operation Feed is the Mid-Ohio Food Collective's largest community-wide drive. Be on the lookout for participation events at LCAP in March, as we collectively champion to end food insecurities across America.



We are constantly looking for ways to improve our food options. Please take our client meal survey online by visiting lcap.org/connect or scan the QR code above.

Special LCAP Kitchen Update: Beginning in March, Meals on Wheels and our Social Lunch Sites will only offer a “Regular” or “Low-Sodium” meal each day. We will not be removing cold meals altogether. Instead, the regular or low-sodium option will be a cold meal each Friday. We will also offer more cold meals in the summer months.

Additionally our dairy supplier is having issues finding a steady supply. Please know that clients will be receiving the recommended amount of dairy with each meal; however, it may just differ slightly than our standard carton of milk.

Commodity Boxes

LCAP serves as a pick-up location for commodity shelf-stable food boxes, which occurs on the final Wednesday of each month. Boxes can be picked up between 9:00 – 11:00 AM. MARCH distribution will be on **Wednesday, March 27**. APRIL distribution will be on **Wednesday, April 24**. For more information on receiving a box, please call (740) 345-0821.

Social Services Month

During March, we take the time to celebrate our Social Services staff, and the dedication and empathy they deliver while providing essential services. Throughout United States history, social workers and case managers have played a crucial role in creating policies and programs to offer opportunities for people to overcome life obstacles.

Working closely with clients and their families, our case managers offer support, direction, and solutions for any resource you might need. This might include a referral, Medicaid, Medicare, notary services, emergency funding options, help with community applications, and more. Our social workers have access to valuable local resources, enhancing their ability to provide full-service assistance and information to those in need.

Our Social Service Case Managers are also trained and certified by the Ohio Department of Insurance's OSHIP Program, and regularly host "Medicare for Beginners" classes at LCAP.

Their role is to **empower individuals and families** to navigate challenges and improve their overall well-being, and LCAP is proud of the many hours that are provided by our case managers!



Calling all Caregivers

Being a caregiver is often an exhausting and thankless role, but LCAP can help. We receive federal funds through the National Family Caregiver Support Program. We use these funds to directly assist family and informal caregivers, so that the older adults they tend to in their homes, can live there safely for as long as possible.

We want to know what would make your life easier as a caregiver. Do you need small adaptive devices installed around your home, an emergency fall device, respite care one day a week, supportive counseling, or something else entirely? We would love to know. Please answer our one-question survey by scanning the QR code or visiting www.lcap.org/connect. You may also call our Client Services Director, Kristi Blust, at (740) 345-0821 ext. 1236.



Power of Play

April is National Stress Awareness Month. Stress is a feeling that we all have experienced from time to time and it can come from a variety of external and internal factors. Ranging from stress in relationships to financial issues, it negatively impacts our physical and mental health. When thinking about these stressors, play is not usually something that comes to mind, but did you know that the power of play has been proven to help boost endorphins, the body's natural feel-good chemicals? These endorphins promote an overall sense of well-being and can temporarily relieve pain. I'm sure when you think of playing, you probably think of children running around a playground or climbing jungle gyms in the park as they laugh, but did you know that play is much more than that? Play is not restricted to a certain age group and is defined as simply "engaging in activity for pure enjoyment and recreation."

Benefits of Play

- Playing games that challenge the brain can help prevent memory problems and improve brain function.
- Play can decrease depression and even help improve your relationships.
- Play, laughing, and having fun with others can help encourage compassion, empathy, trust, and even closeness with others.
- Playful nature can help you loosen yourself up in situations that can be stressful, like meeting new people.



At Licking County Aging Partners, we help you flourish and get the vital services you need, but we also help you age better together. We encourage a wide range of play, whether it's participating in one of our activities or events like flings, grabbing a cup of coffee and playing boardgames at our downtown location, creating something through our monthly arts and crafts, or joining a club (listed on page 14), we foster a sense of play that creates a stress relieving environment for you. Play can help you to be the best version of yourself, even when facing adult stressors and problems. Don't think of play as a waste; think of it as a stress-relieving investment in your overall mental and physical health.

Sakraida, M. (2020, February 26). The benefits of play for adults. Luminis Health. <https://living.aahs.org/behavioral-health/the-benefits-of-play-for-adults>.

Community Clubs

Hobbies

Beginning Art Lessons

Fridays, 1:00 - 3:00 PM

\$10 per class

Call Dee Hall at (740) 323-5940

Sewing and Embroidery Club

Tuesdays, 10:00 AM - 2:00 PM

Downtown Site, 123 South Third Street, Newark

Beginner Writers Group: The Write Stuff

First & Third Friday of every month

1:00 - 2:30 PM

EJ's Country Music

Tuesdays, 12:00 - 4:30 PM

Country Music Fellowship Organization

Wednesdays, 4:00 - 8:30 PM

Downtown Site, 123 South Third Street, Newark

Organizations

NARFE (National Active & Retired Federal Employees)

Second Tuesday of each month

10:00 AM - 12:00 PM

Rockwell Retirees

Third Thursday of each month

11:00 AM - 1:30 PM

Active Hobbies

Chair Volleyball

Mondays, 9:30 - 11:30 AM

Wednesdays, 2:00 - 4:00 PM

New members welcome

Suggested donation \$1/month

Table Tennis

Tuesdays & Thursdays, 2:30 - 4:30 PM

New members welcome

Cards & Games

High Rollers (Dice Game)

Monday - Friday, 12:30 - 3:00 PM

Canasta

Mondays, 12:30 - 4:00 PM

Sunrise Senior Euchre Club

Tuesdays, 12:30 - 4:00 PM

Mah Jongg

Tuesdays, 1:00 - 4:00 PM

Tuesday Duplicate Bridge

Tuesdays, 12:00 - 4:00 PM

Thursday Euchre Club

Thursdays, 12:30 - 3:30 PM

Double Pinochle

Fridays, 12:30 - 4:30 PM

These clubs are hosted at LCAP by community members. Please stop by during meeting times to learn more about each club and speak with the club's leadership.

Thank You

Volunteers

Claire Bennett
Don and Janet Cox
Michelle Duffy
Kayla Guinta
Fred Freytag
Rebecca Mastrovianni
Bill and Joyce Merrill
Gene Perrine
Joe and Karla Perrotta
Kathy Roudebush
Ken Shue
Nancy Smitson
Pauline Wolfe
Clint and Linda Wright



Memorials

In memory of Marjorie Davis

Patricia Davis
Allen and Cindi Reeves
Judy Shull and Friends

In memory of Teresa Ebert

Roberta Ebert-Penwell

Community Partners

AARP Tax Volunteers
Altercare Newark North
Arlington Care Center
Brucker & Kishler Funeral Home
Buckeye Valley Family YMCA
Denison University Alford Community
Leadership & Involvement Center
Embassy of Newark
FirstLight Home Care
Flint Ridge Nursing and Rehab
FUSE Network
Johnstown Pointe
Licking County Board of
Developmental Disabilities
Licking County Library
Middleton Senior Living
Newark Kiwanis Members
Newsletter Volunteers
Ohio Premier Home Health
Ridgeview Manor
Sharon Glyn Village
State Fire Marshals Office

In memory of Jack Ewald

Judy Franklin

In memory of Ken Joyner

Rose Joyner

LCAP does not endorse any advertiser in the publication; however, we encourage you to support those who make this publication possible.



Active•Senior

WELLNESS PROGRAM

The Active•Senior program promotes healthy lifestyles for adults, ages 60 and older, through various goals that have been created, reviewed, and approved by medical and clinical staff to ensure a well-balanced program. Participants who accomplish their yearly goals during the 12-month period will be invited to the yearly Active•Senior Celebration, a special event featuring a BBQ dinner, an auction, and opportunities to win great prizes!

To register for the program online, visit LMHSActiveSenior.org and create a custom username and password. Registration on the website allows participants to document their progress on an ongoing basis.

Participants also may track their progress in an Active•Senior booklet, then contact the Licking Memorial Public Relations Department at **(220) 564-1560** to ensure that goals are recorded in the Active•Senior database prior to the end of each program year in April. Booklets are available upon request.



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OCTOBER EDITION



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