

July 2020

The Senior Gazette



New Service to Help Residents Stay Connected

The Ohio Department of Aging launched a free daily check-in by phone for Ohio's older residents to ensure their well-being amid the ongoing coronavirus (COVID-19) public health emergency and beyond. The "Staying Connected" service is open to Ohio residents age 60 or older who have a valid phone number.

We know that issues of isolation and loneliness may increase as family members resume their normal routines. During a time when physical distancing has become necessary, many older Ohioans are finding it harder than ever to feel connected to the world and people around them.

The automated service contacts participants during a one-hour window of their choice between 7 a.m. and 6 p.m. Participants receive a daily automated check-in call. They can confirm they are okay and end the call, or they can choose to be connected to their local Area Agency on Aging for information about services or assistance. As a third option, the participant can request a friendly chat. Staff are available 8 a.m. to 5 p.m., Monday through Friday, to engage in a brief, informal conversation with the participant.

The service also acts as a safety net. If a participant does not answer after three attempts, the system calls the participant's alternative contact (if provided). If attempts to reach the participant or alternative contact are unsuccessful, the system will notify area non-emergency services, such as local police or fire, to do a wellness check to make sure the participant is okay.

Eligible Ohio residents can learn more and sign up by

visiting www.aging.ohio.gov/stayingconnected

or calling 1-833-ODA-CHAT (1-833-632-2428). You can cancel any time.



Governor DeWine has not given the go-ahead for senior centers yet so we will have to wait until we can visit with each other together. But we want you all to stay healthy and well and we do not want to compromise that by being in close quarters in the multi-purpose room. The RAC is back open and some senior fitness classes have started back up with limited capacity. Instructor Stacey O'Keefe is a certified Senior Fitness Specialist and she is doing a great job making sure everyone in the gym is spaced out and she is sanitizing any equipment before and after use. Her classes are very fun! If you are comfortable stopping up for a class, it would be a great way to get moving again and you can go into the RAC and into the gym without touching anything.

Silver Classic: *Movement to music!* Monday & Wednesday 11:00am in the gym

Chair Yoga: *Yoga in a chair for stability!* Monday, Wednesday, & Friday 12:00pm in the gym

She is also now offering personal training services. You can contact her for a free no-commitment consultation at 440-488-2701 or staceyok7@gmail.com.

QUARANTINE BINGO!

X-off or circle the activities you have done during quarantine. Do you have a straight- or diagonal-line Bingo? If not, pick some activity squares to do and make a Bingo! Once you have a Bingo, fill in your name and info on the bottom and mail to: (and yell "Bingo!", of course)

Village of Reminderville
c/o Stacey Task
3382 Glenwood Blvd
Reminderville, OH 44202

Deadline for entries: Friday, July 24, 2020

All entries will be entered into a drawing. I will randomly draw three entries: first draw will win a **\$50 Drug Mart gift card**; the second and third draws will win a **\$25 Drug Mart gift card**! Winners will be notified by phone and/or email.



Flowers, Insects & Arachnids



P	I	F	M	Y	T	G	E	S	A	V	R	O	D
A	K	L	S	C	I	N	X	B	H	J	W	L	Z
Q	Y	I	R	J	V	D	U	G	E	M	A	F	P
H	A	E	B	O	K	T	I	N	S	E	C	T	S
D	L	S	W	X	T	O	T	I	U	Q	S	O	M
S	H	J	O	E	P	A	C	F	Y	B	N	K	E
G	T	V	R	M	U	D	N	S	E	S	O	R	L
U	Q	F	K	A	H	Z	J	I	X	Y	I	C	S
B	L	M	E	S	R	E	W	O	L	F	P	V	R
Y	H	A	R	E	Q	J	C	Z	U	L	R	D	A
F	V	K	S	W	S	T	I	N	G	B	O	X	T
U	T	N	A	T	R	O	P	M	I	H	C	P	C
R	E	D	I	P	S	F	Y	R	J	O	S	G	E
A	C	Z	M	H	U	B	E	E	T	L	E	Q	N

BEES	FLOWERS	ROSES
BEETLE	IMPORTANT	SCORPION
BUGS	INSECTS	SPIDER
BUTTERFLY	MOSQUITO	STING
DAISY	NECTAR	VASE
FLIES	POLLINATOR	WORKERS



Tree Valley Academy

hardy
hardy
har!

Lumberjack: I can cut a log in half just by looking at it.

Me: That's impossible!

Lumberjack: I know it's hard to believe, but I saw it with my own two eyes.

My dog used to chase people on a bike. It got so bad, I had to take the bike away from him.

Why do people in Athens hate getting up early?

Because Dawn is tough on Greece.

Stacey at Village Hall at 330-562-1234 or stask@reminderville.com
or contact Mayor Sam Alonso at mayorsam24@aol.com