

# Our Place

of Jefferson County Inc.

## ACTIVITY & RESOURCE CENTER<sup>50+</sup>

JULY 2026



Dear Members & Friends,

We are glad to be back with you and we hope you are ready for some fun this summer. The Patriotic Proud Party is sure to be a great time and we hope to see you there. Mark your calendar for the “Back to the 50s” party on Thursday, August 27<sup>th</sup>.

In the upcoming issues we will be discussing 7 Strategies to age successfully. Please take the time to read the articles on pages 6 & 7, reported by Embracing Aging Chaffee. These items will prove to be very educational and inspiring.

Sincerely,

Cynthia R. Morris, Administrator

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### SOLE VITALITY

### FOOT CARE CLINIC

Where: Our Place Senior Center  
When: July 8th, 2026  
Time: 10:00 a.m.- 12:00 p.m.  
To Schedule please call:  
740-296-3600

#### Our services include:

- Inspection and assessment of the feet and nails
- Trimming, thinning, and filing of the toenails
- Thinning and filing of rough skin, corns, and calluses
- Management of in-grown toenails
- Reduction of thick fungal nails
- Moisturizer to end the service
- Education on foot health and prevention

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# Happy Birthday!

July 3 - Joanne Rea

July 4 - Patti Losey

July 7 - Gaylind Adams

July 8 - Rosa Mathews

July 9 - Saggio Settimio

July 10 - Sharon Miles

July 12 - Anna Roe

July 18 - Mary Ann

Landerfield

July 20 - Linda Dye

July 21 - Tonya Hill

Colleen Mindzak

July 28 - Deb Bonuito

Sarah Grafton

July 29 - Vivian Simpson

July 30 - Lori Jablonski

Website:  
OurPlaceJeffersonCounty.com

Facebook:  
OurPlaceJeffersonCounty



## CONTACT INFORMATION

235 N 4<sup>th</sup> Street

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Steubenville, Ohio 43952

740-520-0120

BIRTHDAYS & CONTACT INFO

02



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Our Place of Jefferson County, Steubenville, OH

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## Parkinson's Support Group



Tuesday, July 14th

10:00 am

Speaker

"ASK BIO"

Information on gene therapy studies.  
How it works to decrease symptoms.  
How you can participate in  
local studies.

This group is open to the public.  
You do not have to be a member  
of Our Place.

## UPCOMING PARKINSON'S SUPPORT GROUP SPEAKERS

AUGUST 11<sup>TH</sup> "ACADIA"

Treatment of Parkinson  
hallucinations and delusions  
associated with Parkinson's

September 8th - "Crexton"

(carbidopa and levodopa  
extended release capsule.



## Reach a hyperlocal audience.

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highly effective way to  
promote your business  
to our community.



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| Tuesday                                                                                                                                                                                                                       | Wednesday                                                                                                                                                                                                                  | Thursday                                                                                                                                                                                                       |
|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                                                                                                                               | <b>1</b><br>8:00 Coffee Social<br>9:00 Euchre<br>10:00 <b>Tai Chi with Robert Bucey</b><br>11:30 Lunch<br>12:15 Chair Volleyball<br>12:15 Line Dancing                                                                     | <b>2</b><br><i><b>Patriotic Proud<br/>Party<br/>10 - 1</b></i>                                                                                                                                                 |
| <b>7</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>11:30 Lunch<br>12:15 Bingo - <b>Michelle Howard</b><br><b>SouthernCare Hospice</b>                                                                 | <b>8</b><br>8:00 Coffee Social<br>9:00 Euchre<br>10 - 12 <b>Danielle Wharton</b><br><b>Sole Vitality</b><br>10:00 Craft Class<br>11:30 Lunch<br>12:15 Chair Volleyball<br>12:15 Line Dancing                               | <b>9</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>10:15 Line Dancing<br>11:30 Lunch<br>12:15 Bingo                                                                                    |
| <b>14</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>11:30 Lunch<br>12:15 Bingo                                                                                                                        | <b>15</b><br>8:00 Coffee Social<br>9:00 Euchre<br>10:00 Bingorama<br>11:30 Lunch<br>12:15 Chair Volleyball<br>12:15 Line Dancing                                                                                           | <b>16</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>10:15 Line Dancing<br>11:30 Lunch<br>12:15 Bingo- <b>Rachel McCoy</b><br><b>Sienna Skilled Nursing &amp; Rehabilitation Center</b> |
| <b>21</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>10:00 Blood Pressure Clinic<br><b>Melinda Burdick</b><br><b>Capital Health Nursing &amp; Rehabilitation Centers</b><br>11:30 Lunch<br>12:15 Bingo | <b>22</b><br>8:00 Coffee Social<br>9:00 Euchre<br>9 - 10 Born to Bingo<br>10:00 <b>Tai Chi with Robert Bucey</b><br>11:00 <b>Valley Hospice-Chris Orris</b><br>11:30 Lunch<br>12:15 Chair Volleyball<br>12:15 Line Dancing | <b>23</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>10:15 Line Dancing<br>11:30 Lunch<br>12:15 Bingo- <b>Susan Tarr</b><br><b>A&amp;B/Diamond Pharmacies</b>                           |
| <b>28</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>11:30 Lunch<br>12:15 Bingo                                                                                                                        | <b>29</b><br>8:00 Coffee Social<br>9:00 Euchre<br>11:30 Lunch<br>12:15 Chair Volleyball<br>12:15 Line Dancing                                                                                                              | <b>30</b><br>8:00 Coffee Social<br>9:30 Fitness Class<br>Cardio Drumming<br>10:15 Line Dancing<br>11:30 Lunch<br>12:15 Bingo                                                                                   |



| <b>Tuesday</b>                                                                                                       | <b>Wednesday</b>                                                                                                   | <b>Thursday</b>                                                                                                                            |
|----------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------|
|                                                                                                                      | <b>1</b><br>Chicken Salad<br>in Lettuce Boat<br>Potato Salad<br>Cottage Cheese<br>w/Peaches<br>Watermelon          | <b>2</b><br><b>Patriotic Proud Party</b><br>BBQ Chicken<br>Scalloped Potatoes<br>Green Beans - Bread<br>Strawberry Shortcake               |
| <b>7</b><br>Sloppy Joe on Bun<br>Roasted Potatoes<br>Carrots<br>Jello                                                | <b>8</b><br>Chicken Tenders<br>w/Dips, Tator Tots<br>Broccoli &<br>Cauliflower<br>Cake                             | <b>9</b><br>Cabbage Roll<br>Mashed Potatoes<br>Green Beans - Bread<br>Sherbet                                                              |
| <b>14</b><br>Hot Dog on Bun<br>(All beef)<br>French Fries<br>Mixed Vegetables<br>Peaches                             | <b>15</b><br>Pasta w/Meat Sauce<br>Side Salad w/Tomato<br>Broccoli - Bread<br>Sherbet                              | <b>16</b><br>Egg Salad on<br>Croissant<br>Greek Salad<br>Potato Chips<br>Cookie                                                            |
| <b>21</b><br>Stuffed Pepper<br>Mashed Potatoes<br>Carrots<br>Bread<br>Ice Cream Bar                                  | <b>22</b><br>BBQ Beef on Bun<br>Roasted Potatoes<br>Coleslaw<br>Cake                                               | <b>23</b><br>Grilled Chicken<br>Breast w/Peppers &<br>Onions<br>Potatoes O'Brien<br>Greek Salad<br>Assorted Ice Cream<br>Novelties - Bread |
| <b>28</b><br>Stuffed Shells<br>Side Salad w/Tomato<br>Mixed Vegetables<br>Bread<br>Watermelon                        | <b>29</b><br>Tuna Salad on Bun<br>Cottage Cheese<br>w/Peaches<br>Potato Chips<br>Cookie                            | <b>30</b><br>Breaded Chicken<br>Breast on Bun<br>w/Lettuce & Tomato<br>Scalloped Potatoes<br>Ambrosia                                      |
| <b>August 4</b><br>Chicken Stuffed<br>w/Broccoli & Cheese<br>Parsley Potatoes<br>Broccoli &<br>Cauliflower<br>Banana | <b>August 5</b><br>Chef Salad<br>(Lettuce, Tomato,<br>Egg, Cheese, Ham,<br>Turkey, & Onion)<br>Crackers<br>Sherbet | <b>August 6</b><br>Meatloaf<br>Mashed Potatoes<br>w/Gravy<br>Peas & Carrots<br>Bread - Pudding                                             |



# Positive Aging Strategies to Grow Old Gracefully

Positive thinking and positive aging are closely related. People with glass-half full outlooks live longer and happier. By focusing on the good things in life and believing that good things can happen, you'll get more out of your years and avoid being a burden to others.

Spend time with optimistic people; they are more likely to make you feel energized, hopeful, and cared for. An attitude of gratitude also increases life satisfaction.

## Gratitude For Mental Health

Gratitude can significantly reduce depression in adults by increasing self-esteem and psychological well-being (Lin, 2015).

Gratitude buffers the effect of two self-harm risk factors: hopelessness and depressive symptoms. (Kleiman & Adams, 2013).

Gratitude and grit work together to prevent self-harm by making life more meaningful. Those with high levels of gratitude and grit had the greatest reduction in self-hurting ideation, with gratitude emerging as the more important factor in reducing such thoughts (Kleiman, Adams, & Kashdan, 2013).

Positive psychology researchers found that a single act of thoughtful gratitude resulted in an immediate 10% increase in happiness and a 35% reduction in depressive symptoms. The positive benefits faded within three to six months, showing that gratitude is an act that must be repeated often (Seligman, Steen, Park, & Peterson, 2005).

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## Keep Your Brain Alert, Active, and Flexible

“Our brains shrink or atrophy slowly over time, primarily in the white matter, where connections between brain areas are located.” — Dr. Ethan Russo

To keep your brain active and flexible, give it regular challenges. Choose activities you enjoy so you’re more likely to stick with them.

Read books, play word puzzles and jigsaw puzzles, learn new skills, and play games like chess. Take virtual tours of cities, museums, and different cultures to gather new food for thought.

Our brain can reshape its parts according to demands on it — scientists call this neuroplasticity. So:

Rotate your activities to maintain your interest, balance, and flow, and boost your neuroplasticity.

Always believe and practice that you can keep learning and remembering, whatever your age.

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# Back to the 50s

## Menu

Cheeseburger & Hot Dog  
Stations  
French Fries  
Rootbeer Floats

Thursday, August 27th  
10 - 1

RSVP by Tuesday,  
August 25th  
Members \$5  
Guests \$7

Music  
Raffles  
Auction Table  
50/50 Raffle

