

Senior Notes

MAY - JUNE 2019



A bimonthly publication for members of the Yellow Springs Senior Center. The volunteer services and financial contributions by members are vital to the operation of the Senior Center.



227 Xenia Avenue
Yellow Springs OH
45387

937-767-5751



NEW web site: ysseniors.org

Senior Center Services

- Transportation
- Senior Support Services
- Homemaker Program
- Activities Program

Senior Center Hours

Monday – Friday, 9:30 am – 4:00 pm

Mission: To enhance the dignity and quality of life for seniors in Yellow Springs and Miami Township and to foster interaction among them and with the community.



Save the date!

Saturday, August 3

Cost:
\$65/person
Benefit for the Senior Center

Time:
6 – 9 pm



YS Street Fair BAKE SALE!

The summer Bake Sale fundraiser is on **Saturday, June 8**, during the YS Street Fair, from **9 am to 4 pm** in the front lobby of the Center. **Pre-sale is Friday, June 7**. Bakers, volunteers to do the packaging the day before, on Friday, June 7, and sales clerks for sale day are needed. Please call **Suzanne Patterson, 767-9242**, or contact her by email:

spatterson@yellowsprings.com.

The Senior Center is pleased to present the May - June Artist Exhibit: *Art from the Heart* by the

“Monday Morning ARTists”

Opening Reception:
Friday, May 17,
4:30 - 7:30 pm

in the Senior Center
Fireplace Room Gallery



The **Monday Morning ARTists** meet monthly to paint and create art, discuss new works or shows in the area and generally encourage each other to continue to develop artistically. They occasionally do a *plein air* paint-out together. The group started in 2010 with a drawing-per-day project and have been meeting monthly ever since. Please see **Watercolor Workshop, p. 13**.



The show is
on exhibit May 17 - June 30.

IT'S BUSY AROUND THE CENTER !



**Welcome
NEW
Members!**

Heartfelt thanks to all for your generous support through membership!

Jane Blakelock
Polly Chick
Pamela Davis
Pam Dapore
Bernice Kirk
Jo Ann Kiser
Rachael Lemberg
Marcella Link
Connie Logan
Marilyn Richards
Ellen Wallace

**Membership dues per year:
Single: \$20**

**\$15 for each
additional household member**

**To subscribe & read the
Senior Notes online:**

1. Go to:
ourseiorcenter.com
2. In the "community name" space - type in: Yellow Springs Senior Center
3. Click the search 'button' or 'icon' next to where it says "near Dayton Ohio"
4. Click on "make this my default community"
This will provide a box where you type in your name & email.
5. Click 'subscribe,' and you're done!

You will get an email notice when the new issue is available. The past issues are continuously available. Just click the issue you want to see.

HAVE YOU MOVED?



Please **let the Center know** your new address. Call the Center 767-5751 or email: ysscoffice1@gmail.com.



Lunch Bunch
outing to Glasz
Bleu Oven in
Dayton, in
February.



....and deeeeeeesert!



Tom Verdon's art opening in March.



Strength Training class Fridays 2:45 pm.
Writing Class with Diane Chiddister.



Free Chair
Massage
session
with
Jessica
Holihan.



GCCOA membership meeting & talk on Medicare fraud.



Board member Katie Egart not present at time of photo.

**Yellow Springs
Senior Citizens, Inc.
Established 1959**

BOARD OF TRUSTEES

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Ken Huber.....1st Vice-Pres.
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Senior Center (937) 767-5751

Executive Director

Karen Wolford.....x101

Senior Support Services Mgr.

Valerie French.....x106

Transportation Program Mgr.

Robert Libecapx104

Activities Program Manager

Corinne Pelzl.....x105

Homemaker Program Manager

Teresa Bondurant.....x107

Homemakers: Vicci Ayers, Serena Gentry, Heather Neill, Jennifer Johnson, Stephanie Robinson, Ragan Simmons, Margaret Hackett, Maura Taaffe and Mary Stukenberg.

Financial Administrator

Priscilla Moorex102

Office Mgr./Development Asst.

Lin Wood.....x103

Miller FellowTabitha Drover

Facility Caretaker....Shahkar Strolger

NEWSLETTER DEADLINE

Copy deadline is the 27th of May for July - August. When bringing items in for Senior Notes, please use no more than 350 words, and please add your name & phone number for the editors. Place it in the mailbox for Lin Wood in the front hall area or best yet, email it to Lin: lwood@ysseniors.org

Newsletter Production & Volunteers, March/April:

Lin Wood, Corinne Pelzl, & volunteers Suzanne Patterson, Nancy Lewkowicz, Becky Campbell, Sue Pfeiffer, Donna Cottrell, Maggie Heston and Patty Alexander.

Thank You to the Volunteers!!

On March 22 a final report was provided to the Yellow Springs community on our efforts to create Yellow Springs and Miami Township as a Dementia Friendly America community. The following are some highlights of that report. Funding of the 18 month (July 2017 - December 2018) project was secured from The Dayton Foundation and YS Community Foundation. Funding totaled \$38,000. Toni Dosik and Kate LeVesconte were hired to direct and coordinate the project. Partnerships were developed with Greene County Council on Aging, Area Agency on Aging, Alzheimer's Association, and Wright State University's Boonshoft School of Medicine. An advisory committee was formed with 27 members. Two community book reads were held. A documentary movie about a family's struggle with Alzheimer's was presented at The Little Art Theatre. Twelve separate trainings on dementia friendly practices were presented to various sectors of the community with 179 participants receiving training. A caregiver support group was formed... it meets on the **1st and 3rd Tuesdays at 5:30 pm** at the YS Methodist Church. Brochures, decals, a resource sheet, and full final report were developed and are available at the Senior Center. Yellow Springs is on the map of Dementia Friendly America communities, having gained that designation in February 2018. **Karen Wolford, Executive Director, kwolford@ysseniors.org**

Volunteer Recognition Lunch & Annual Meeting

Please plan on attending this very special event for YOU on
Thursday, June 27, 11:30 am - 1:00 pm

We will celebrate our amazing volunteers, serve a delicious lunch, enjoy a little entertainment, followed by a very short business meeting.

Be the first to get your copy of the journal, *Ripples* 2019! More information in the attached flyer. Please **mark your calendar!**

YSSC Annual Meeting in the Great Room of the Senior Center

AGENDA:

Welcome and Call to Order	Finance Report
Minutes of the June 14, 2018 meeting	President Remarks
Membership Report	Executive Director Remarks
Bylaws Revision (see insert)	Board Development
Fundraising Report	
Election of Board of Trustees and Officers (see slates below & bios on insert)	

Board of Trustees Nominees:

One-Year Term: Katie Egart

Three-Year Term: Diane Chiddister, Ken Dahms, Greg Felder

Board of Trustees - Officers for 2019-2020:

President: Macy Reynolds

Secretary: Anna Bellisari

Vice-President: Ken Dahms

Treasurer: Fran LaSalle

From the Transportation Desk

Lilacs...holding quiet conversations with an early moon...making poetry out of a bit of sunlight. From "Lilacs," with apologies to Amy Lowell

Ahhhhh...Spring. Flowers blooming. The air tastes sweet. The Sun warms our hearts – and blinds our vision when we drive east early in the morning!!! Whether we are blinded by the sun, preoccupied by a light on the dash, fumbling to turn off the cell phone, or arguing with the talk-radio host, all these pose a threat when we are driving. Distractions! AAA tells us that 97% of drivers agree that texting while driving is dangerous, and 45% of those same respondents admit to using the phone while driving! Last year, one out of four accidents were caused by cell phone use, according to the National Safety Council. This spring and summer, resolve not to be a *distracted* driver – whether you are inclined to use the cell phone while driving or to watch the lilacs bloom along the road.

- Robert Libecap, Transportation Program Manager, 937-767-5751 x 104
rllibecap@ysseniors.org

SENIOR SUPPORT SERVICES

Hello Everyone!

The YS Senior Center will be hosting two presentations on **Advance Directives**, in the Great Room, on **Monday, May 6**, and again on **Monday, May 20**, from **6:30 – 7:30 pm**. The presentation will be given by **Judy LaMusga** from **Decide to be Heard**, an organization that assists with conversations and documents needed to prepare for life's final chapter.

Judy is an advocate for **DTBH**, and a practicing elder law attorney. She will be explaining the **DTBH** program, and offering appointments for individual consultations at the Senior Center, at no charge. Please join us for one of these informative presentations. Attendance is limited to 25 people each session, so please call to reserve your seat, (937) 767-5751.

Happy Spring! - Val

Valerie French, Senior Support Services Manager
(937) 767-5751 x 106; vfrench@ysseniors.org

HOMEMAKER PROGRAM

Listening is defined as the active process of receiving and responding to spoken and sometimes unspoken messages. It is not just hearing what is being said, rather it means taking interest and care in what is being said.

It is particularly important that this nation, state, village and individuals take the time to listen to seniors. Listen to their wants, needs and desires. Seniors can offer knowledge, experience and compassion to those who will listen.

To be a good listener:

- A. Listen more than you speak.
- B. Pay attention verbally and visually.
- C. Understand the meaning of what is being said.
- D. Remember meaningful information.

The Homemaker Program fosters the mission of the Senior Center by interacting one-on-one with clients; **listening** to their needs, and helping to maintain a clean, safe and healthful environment.

- **Teresa Bondurant, Homemaker Program Manager**
(937) 767-5751 x 107; tbondurant@ysseniors.org

ADHD Support

A new support group has been meeting in the YS Public Library for adults and seniors who are dealing with ADHD symptoms. Attention Deficit Hyperactivity Disorder has many facets, such as being disorganized, cluttered and forgetful. This self-led group will be discussing the challenges of ADHD and sharing recommendations. There are many ADHD groups and organizations, such as the Attention Deficit Disorder Association (ADDA) which has a helpful website: ADD.org. There are numerous books about ADHD as well.

The next scheduled meeting is **May 18 (the third Saturday) 2 - 4 pm**, at the **YS Library**. For more info, please call the facilitator 937-838-5054.

Spanish Conversation - new day/time.

The class of Spanish Conversation offered by **Didier Franco, Antioch College Spanish professor**, is restarting in May on a new day. The class will meet in the Fireplace Room **5:00 - 6:00 pm every Thursday** of the month except the first Thursday, which is the time of the all-class Spanish Potluck in the Great Room. The first meeting of the class in May is at **5:00 pm on Thursday, May 9**. Please sign up by calling 767-5751.

Continuing the Conversation

The Yellow Springs Havurah invites the community to join Abi Katz, DO, Medical Director at Friends Care Community and Rabbi Josh Krulwich Klatt, Chaplain, Hospice of Dayton, at Rockford Chapel on **May 30, 7 - 9 pm** for a discussion "Jewish Themes and Values in End-of-Life Decision Making."

We will include case scenarios drawn from real life, and interactive conversations on how to speak with family members about this often hard-to-tackle conversation.

Participants are encouraged to attend one of the **Decide To Be Heard** presentations on Advanced Care Planning offered by the **Senior Center on Mondays May 6 and May 20**. See paragraph above left.

Please bring your experiences, thoughts and questions to this important discussion.

Container Gardening

Below are photos from the February potluck with owners Steve and Karen Reed of Stoney Creek Garden Center in YS. A large group learned about which plants do well in



Ongoing Classes, Groups and Events

YS Senior Center: 767-5751

Weekly Social Groups:

To find these activities, please check the days & times on the **CALENDAR** in this newsletter.



Senior Lunch - A hot, nutritious lunch at noon on **Monday** and **Wednesday** in the Great Room at the Senior Center.

Beginner Mahjong - Learn to play this game of mental finesse and complex strategies - an excellent mental workout that really IS fun.

Mahjong - Join the regulars in this cognitive game, requiring players to use attention, memory, planning and calculation skills.

Beginner Bridge - Learn to play and boost the immune system through stimulation of the cortex, which is involved in brain functions needed to play bridge. Call Susan, 767-0235.

Bridge - Duplicate bridge is a pleasantly competitive table sport.

Euchre - Join this game, increase brain power and fun. All that laughter you have heard? ...well, this is the group!

French Language Class - for those in Level 2 or higher.

Spanish Language Classes: Adv. Beg. Spanish I, II, & III, Spanish Conversation and Advanced Spanish Conversation.

German Language Class

Sign Language class - You can learn to communicate by signing.

YS Strings - If you play a stringed instrument, please call the Activities Program for info.

Rummikub - color & number game with tiles, very enjoyable!

YS Senior Center: 767-5751

Weekly Classes and Exercise Groups:

Rise & Shine Exercise - Work out kinks with easy movements that can be done sitting or standing.

Seated Volleyball - Non-competitive with light-weight beach balls.

Yoga with Reena - Beginner's yoga, on the floor or seated, 2x/week.

Strength Training - Taught by master personal fitness trainer especially for seniors.

Qi Gong - *Qi Gong is an ancient Chinese health care system that integrates physical postures, breathing techniques and focused intention.*

Western scientific research confirms that Qi Gong reduces hypertension and the incidence of falling. One of the more important long-term effects is that Qi Gong reestablishes the body/mind/soul connection. The group follows an easy DVD on the big screen.

Dancing with Parkinson's - For people with Parkinson's and their spouses or caregivers. This movement class is simple, fun, free-form choreography performed to music, to get the body moving in a way that feels good, enjoyable and socially engaging. Participants work at their own potential on that day. Exercises can be modified to suit each individual's level of comfort and ability. This class has been shown to have positive effects on gait speed, strength, balance, and quality of life.

NEW Stability Exercise Class - Seated and standing exercises suitable for all ages and abilities, including the tools you need for improving agility, balance, strength, stamina, and flexibility. Includes gentle cardio exercise.

Tai chi - A gentle form of low or no impact exercise helps maintain strength, flexibility, and balance. Lowers blood pressure, improves heart health, reduces inflammation and many more benefits. It could be the perfect activity for you. Two different classes per week.

New Art Class Fangle-Dangle Art - Please see page 12.

History Omitted - Please see page 12.

Sing- Along Group - Please see page 12.

Watercolor Workshop - Please see page 13.

Financial Management Series - Please see page 13.

Monthly Groups:

80+ Birthday Luncheon - in honor of those turning 80 and those who are over 80. Held each month **with** the Third Thursday Potluck Lunch, see p.15.

Hearing Aid Help - cleaning hearing aids, changing batteries, and providing advice, on the 4th Tuesday of the month.

Charlie Brown Exceptional Patient and Caregiver Support Group - held on the first and third Thursdays each month in the front room.

Great Books Group - reading and engaged discussions on the 2nd Thursday each month.

Poetry Reading - read aloud published poetry, discuss and enjoy monthly on the third Friday.

Writers Eclectic - writers share and support each other writing their poems, short stories, novels & more. First & third Sunday of the month.

Grandmother Council - discussion, sharing and support of all things grandmotherly on the third Sunday of the month.

Constitutional Rights - understanding and discussing the Constitution and other subjects with local retired history teacher, Joyce McCurdy. An on-going, popular group held the 1st & 3rd Wednesdays of the month. See above for new class History Omitted, on the 2nd & 4th Wednesdays.

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Yellow Springs Senior Center: 937-767-5751
Hours: Monday – Friday 9:30 am – 4:00 pm
Email: lwood@yseniors.org

NOTE: For Transportation Service you must call at least **3 business days** ahead for transport in YS, and at least **4 business days** ahead for out-of-YS.

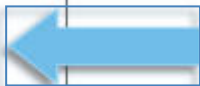
THURSDAY	FRIDAY	SATURDAY/SUNDAY
2 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 5:00 – Spanish Potluck 6:30 – Tai Chi Chuan 7:00 – Charlie Brown Support Group	3 10:00 – Qi Gong 11:15 – Tai Chi, p. 5 12:30 – Sign Language 2:45 – Strength Training 4:00 – Writing Class	4 12:00 – Mahjong 5 2:00 – Writers Eclectic
9 11:30 – Sing-Along, p. 12 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 5:00 – Spanish Conversation, p. 4 6:30 – Tai Chi Chuan 6:30 – Great Books Group	10 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 1:00 – Mother's Day Tea, p. 12 2:45 – Strength Training 4:00 – Writing Class	11 12:00 – Mahjong 12
16 Noon – POTLUCK & 80+ Birthday Lunch- Guest performers: Trillium Music Group, p. 13 & 15 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 5:00 – Spanish Conversation 6:30 – Tai Chi Chuan 7:00 – Charlie Brown Support Group	17 10:00 – Qi Gong 10:30 – Poetry Reading 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training 4:30 – 7:30 pm -ART SHOW OPENING, see front cover	18 12:00 – Mahjong 12:00 – Beloved Community Lunch, p. 15 19 12:30 – Grandmother Council 2:00 – Writers Eclectic
23 11:30 – Sing-Along 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 5:00 – Spanish Conversation 6:30 – Tai Chi Chuan	24 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training	25 12:00 – Mahjong 
30 11:00 – Lunch Outing - Pearson House, p. 13 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 5:00 – Spanish Conversation 6:30 – Tai Chi Chuan	31 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training	26 Ready for Easter Tea party in April. Everyone Join the annual FLASH MOB! See p. 14 Wed., May 29, 1:00 pm on Short St. 



JUNE 2019

MONDAY

Turn over for the **May**
calendar



TUESDAY



Come to the Bake Sale June 7 & 8!

WEDNESDAY

The Senior Center is supported with funds from the Senior Services Levy through the Greene County Council on Aging (GCCOA), and your Annual Appeal donations.

3

10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena
2:45 – Fangle-Dangle Art class, p.12

4

11:00 – Play Rummikub
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
7:00 – YS Strings Rehearsal

5

10:00 – Needlework Group
10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
2:00 – Dancing with Parkinson's
3:00 – Stability Exercise, p. 12
4:00 – Constitutional Rights
4:00 – Adv. Spanish Conversation
5:15 – Adv. Beginner Spanish I
6:30 – Bridge

10

10:30 – Rise & Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena
2:45 – Fangle-Dangle Art class
6:30 – Financial Program, p. 13

11

10:00 – Wegerzyn Garden outing & Lunch, p. 14
11:00 – Play Rummikub
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
7:00 – YS Strings Rehearsal

12

10:00 – Needlework Group
10:30 – Rise and Shine Exercise
11:15 – Seated V.ball; Noon – Sr Lunch
2:00 – Dancing with Parkinson's
3:00 – Stability Exercise
4:00 – History Omitted, p. 12
4:00 – Adv. Spanish Conversation
5:15 – Adv. Beginner Spanish I
6:30 – Bridge

17

10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena
2:45 – Fangle-Dangle Art class

18

11:00 – Play Rummikub
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
7:00 – YS Strings Rehearsal

19

10:00 – Needlework Group
10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
2:00 – Dancing with Parkinson's
3:00 – Stability Exercise
4:00 – Constitutional Rights
4:00 – Adv. Spanish Conversation
5:15 – Adv. Beginner Spanish I
6:30 – Bridge

24

10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena
2:45 – Fangle-Dangle Art class
6:30 – Culture & Obesity talk, p. 14

25

10:00 – Hearing Aid Help - Dr. Lolan
11:00 – Play Rummikub
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
7:00 – YS Strings Rehearsal

26

10:00 – Needlework Group
10:30 – Rise and Shine Exercise
11:15 – Seated V.ball; Noon – Sr Lunch
2:00 – Dancing with Parkinson's
3:00 – Stability Exercise
4:00 – History Omitted
4:00 – Adv. Spanish Conversation
5:15 – Adv. Beginner Spanish I
6:30 – Bridge

Yellow Springs Senior Center: 937-767-5751

Hours: Monday – Friday 9:30 am – 4:00 pm

Email: lwood@ysseniors.org

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THURSDAY

Front Desk Volunteers Needed

If you like people, and like talking on the phone, please **volunteer** to be a Senior Center Front Desk **receptionist**. Substitutes are needed for times the regular volunteers have to be out. It's not necessarily often, but it is very important to the Senior Center. Please call 767-5751 x 105.

FRIDAY

Come to the Bake Sale Fundraiser!



SATURDAY / SUNDAY

1

12:00 – Mahjong

2

2:00 – Writers Eclectic

6

1:30 – Yoga with Reena
2:00 – Euchre
3:00 – Adv. Beginner Spanish II
4:00 – Adv. Beginner Spanish III
5:00 – Spanish Potluck
6:30 – Tai Chi Chuan
7:00 – Charlie Brown Support Group

7

**10:00 – Bake Sale items drop off
until 3:00 pm & Pre-Sale! p. 1**

10:00 – Qi Gong
11:15 – Tai Chi
12:30 – Sign Language
2:45 – Strength Training

8 Bake Sale, p. 1

12:00 – Mahjong

9

13

11:30 – Sing-Along, p. 12

1:30 – Yoga with Reena
2:00 – Euchre
3:00 – Adv. Beginner Spanish II
4:00 – Adv. Beginner Spanish III
5:00 – Spanish Conversation, p. 4
6:30 – Tai Chi Chuan
6:30 – Great Books Group

14

10:00 – Qi Gong
11:15 – Tai Chi
12:30 – Sign Language
2:45 – Strength Training

15

12:00 – Mahjong

**12:00 – Beloved Community
lunch, p. 15**

16

12:30 – Grandmother Council
2:00 – Writers Eclectic

20

**Noon – POTLUCK
& 80+ Birthday Lunch -- Guest Speaker:
Katie Egart, Why Do We Suffer, p. 14**

1:30 – Yoga with Reena
2:00 – Euchre
3:00 – Adv. Beginner Spanish II
4:00 – Adv. Beginner Spanish III
5:00 – Spanish Conversation
6:30 – Tai Chi Chuan
7:00 – Charlie Brown Support Group

21

10:00 – Qi Gong
11:15 – Tai Chi
10:30 – Poetry Reading
12:30 – Sign Language
2:45 – Strength Training

22

12:00 – Mahjong

23

27

**11:30 – Volunteer
Appreciation Luncheon & Annual
Meeting, p. 3 (no Sing Along today)**

1:30 – Yoga with Reena
2:00 – Euchre
3:00 – Adv. Beginner Spanish II
4:00 – Adv. Beginner Spanish III
5:00 – Spanish Conversation
6:30 – Tai Chi Chuan

28

10:00 – Qi Gong
11:15 – Tai Chi
12:30 – Sign Language
2:45 – Strength Training

29

12:00 – Mahjong

30



MAY 2019

MONDAY	TUESDAY	WEDNESDAY
<p>Turn over for June calendar.</p>   <p>NEW Senior Center web site: ysseniors.org</p>	<p>Monday & Wednesday Lunches A friendly group gets together for a nice, hot lunch in the Great Room on Mondays and Wednesdays at noon. More people could be served at this event, and it's very simple to attend. Just come and try it out! These meals are part of the federal Senior Nutrition Program. Suggested donation, \$2.</p>	<p>1 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Stability Exercise, p. 12 <u>4:00 – Constitutional Rights</u> 4:00 – Adv. Spanish Conversation 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>
<p>6 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 2:45 – Fangle-Dangle Art class, p. 12 6:30 – Advanced Directives, p. 4</p>	<p>7 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>8 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Stability Exercise <u>4:00 – History Omitted, p. 12</u> 4:00 – Adv. Spanish Conversation 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>
<p>13 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 2:45 – Fangle-Dangle Art class 6:30 – Financial Program, RMDs, IRAs, p. 13</p>	<p>14 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>15 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 3:00 – Stability Exercise <u>4:00 – Constitutional Rights</u> 4:00 – Adv. Spanish Conversation 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>
<p>20 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – Watercolor Workshop, p. 13 6:30 – Advanced Directives, p. 4</p>	<p>21 8:30 – Senior Palooza, p. 12 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>22 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated V.ball; Noon – Sr Lunch 2:00 – Dancing with Parkinson's 3:00 – Stability Exercise <u>4:00 – History Omitted, p. 12</u> 4:00 – Adv. Spanish Conversation 5:00 – BOARD MEETING 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>
<p>27 <u>Newsletter Deadline for July-Aug.</u> Happy Memorial Day Senior Center CLOSED today</p> 	<p>28 10:00 – Hearing Aid Help, Dr. Lolan 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>29 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated V.ball Noon – Senior Lunch 1:00 – FLASH MOB! p. 14 2:00 – Dancing with Parkinson's 3:00 – Stability Exercise 4:00 – Adv. Spanish Conversation 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>

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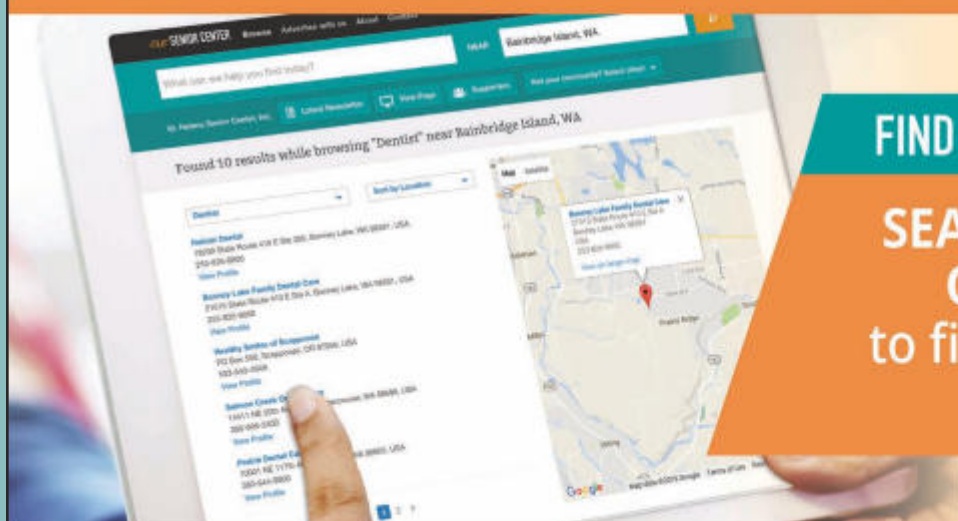
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News from GCCOA

2019 Senior Palooza

The Palooza held at the Greene County Fairground is a fun-filled day with projects, games, other activities and sociability. Registration is requested. Box lunch available for \$5.

Tuesday, May 21

8:30 am – 3:00 pm

More info available at GCCOA offices 937-376-5486, or gccoa.org.

GCCOA Yard & Bake Sale

Thursday & Friday

June 6th & 7th ~ 9 am to 3 pm

GCCOA Office

1195 W. Second St, Xenia

Join the Council's **10 Day Purge Challenge**, in decluttering our brains by decluttering our stuff. We encourage you to go through what you have, share items with family, and purge items you have not used/looked at for years. For this challenge, remove an unused/unwanted item on Day 1, two items on Day 2 and so on. As noted above, you might give one or all of the items to family, throw them away, or donate them to a church, senior center or the Council for the upcoming yard sale. We will be accepting donations from May 22nd through June 3rd.

Summer Creativity Expo



**Thursday,
June 20,
10 am - 2 pm**
at the Xenia
Community
Center, 1265 W.
Second St., Xenia
(next to the
GCCOA office).

Trying new things helps keep brains healthy. There will be two make & take sessions that anyone can do.

Registration is required, with a \$5 fee. All supplies are provided as well as a light lunch.



Joyce McCurdy, retired high school history teacher is continuing to offer the **Constitutional Rights group on the first and third Wednesdays at 4:00 pm** in the Fireplace Room. She is starting a new study of history often omitted from traditional school teaching of American history. Joyce offers a fascinating light on what gets into the history books and what doesn't, on the **second and fourth Wednesdays at 4:00 pm starting May 8**. Please sign up by calling 767-5751 or just come!



Stability Exercise Class

Lynn Hardman's exercise classes at the Bryan Center will be coming to an end. Lynn will lead an evidence-based Stability Class in the Senior Center Great Room, with simple but effective exercises to improve balance and reduce risk of falls. Lots of repetition, no music or choreography, class uses chairs for help in standing exercises; meets **3:00 - 4:00 pm, Wednesdays, starting May 1**.

Fangle-Dangle Art

Carla Steiger, accomplished local artist and experienced art teacher, is starting a new art class at the Senior Center on **Mondays, 2:45 - 3:45 pm** in the Great Room. It will include tangle art, similar to Zentangle®. All are welcome to this fun class starting **Monday, May 6**, except **May 20** for a 1-time **Watercolor Workshop**, see p. 13. Please sign up by calling 767-5751.



Sing Along

A friendly sing-along at the piano, played by **Mary Beth Burkholder**, or when she is out, with **Bob Barcus** playing guitar, is taking place in the Great Room on the **2nd and 4th Thursdays at 11:30 am**. However, on June 27, The Volunteer Appreciation Brunch and Annual Meeting will preempt the Sing-Along. The group has a book of lyrics, made by Mary Beth, and you can bring words and/or music for songs you would like to sing. For more information, call 767-5751.



Mother's Day Tea

Let's enjoy tea together with **Becky Baker of Friends Care Community** in the Great Room on **Friday, May 10, at 1:00 pm**. Comforting tea, tiny sandwiches, fresh fruit and delightful sweets, and of course sharing stories of mothers. Please sign up by May 9, or just come.



Thank you to Kelly Gray for his gift of all the volunteer hours on ramp repairs, painting the rails and the front and side of the Senior Center building!





Financial Management - All The Things You Need to Know -

Ryan Beach, Financial Advisor with Edward Jones in Xenia, continues the financial series with information everyone should know for managing money. **The next two sessions, on the 2nd Monday of each month, 6:30 - 7:30**

pm, in the Great Room, are on May 13: "The calculation behind RMDs & how IRAs work;" and on **June 10:** "Outsmarting the Scammers - common scams and how to avoid them."

Future topics and dates are: July 8, Charitable Giving & Estate Planning

August 12, Social Security

September 9, Fixed Income Basics

October 14, Tax-Free Investing

November 11, The Crucial Years 55-70



Watercolor Workshop

Libby Rudolf and Diana Hoke will lead a one-time watercolor workshop during the upcoming 'Art from the Heart' exhibit, which has its Opening Event on Friday, May 17, 4:30-7:30 pm in the Fireplace Room.

The following Monday, May 20, 'Painting People in Watercolor' will be an introductory workshop to teach some tips and tricks of painting people. Bring a few reference photos of people to work from. Photos should have good light-and-dark definition. We'll have extra photos for practice.

On **Monday, May 20, 3:00 – 4:30 pm**, we'll sketch and then paint. The fee is \$15 per person payable at the front desk by May 17. Paper, paint and brush will be provided for use in class. People who have them may

bring their own brush(es) and palette. Preferred sign up is by Friday, May 17. For information, call 767-5751 x105.



Lunch Outing Pearson House Restaurant

Popular home-style food, reasonable prices, pleasant ambiance, and famous for its variety of homemade pies. The Pearson House is in West Milton, Ohio, 28 North Main St., 937-698-6665. Described as *historic, casual, classy, nostalgic, and sophisticated*. West Milton has interesting shops right near the restaurant, such as old-fashioned hardware and variety stores; an all-charity thrift store; Angel Heaven gifts & collectables; and Renew It home décor. The Stillwater River runs nearby, and there is a wooded area with a high cascading waterfall, West Milton Cascades, one block off the downtown area. We could also visit the West Milton Senior Center. We depart at **11:00 am** from the west side of the Bryan Center parking lot on **Thursday, May 30. Preferred sign up with \$5 fee** by noon on Wednesday, May 22. Call 767-5751 for more information.



May Potluck & 80+ Birthday Lunch



The Third Thursday Potluck lunch is at **12:00 noon on May 16** in the Great Room. Bring a dish to share at noon, or come at *12:25 pm for the program*. Those 80 and over in May will be celebrated with dessert and song!

Guest musicians:

Trillium, consisting of local musicians (and members of the Center!) **Shirley Hatfield, Sandra Jessen, and Sharon Hatfield**, will perform guitar trios offering a smorgasbord of musical styles including folk, classical, blues, Celtic and South American.

For a ride, please call 767-5751 by three days ahead

Got 10 minutes a day?

Do this exercise video at home – watch on your computer screen!

We all try to make our health a priority and sometimes search for time. Try the 10-minute sample workout from **Go4Life!** go4life.nia.nih.gov

This workout from the national institute of aging and health, only takes ten minutes and features everything you need for a quick workout: a warm up; strength, flexibility, and balance exercises; and a cool down. Here's what you'll need:

- A stable chair and space to exercise.
- Hand weights or evenly weighted objects such as soup cans or water bottles.
- A towel for stretching exercises.

Go4Life is a registered trademark of the U.S. Department of Health and Human Services.

YS Senior Center: 767-5751



Flash Mob - National Senior Health and Fitness Day is the last Wednesday in May, the 29th. At 1:00 pm, Flash Mob dancers are invited to gather on Short Street between US Bank and Yellow Springs Hardware. The song is Andy Grammer's 'Good to Be Alive Right About Now.' You can see a video on Youtube of Andy singing and a crew of dancers (and cars!) doing some high energy happy dances.

You can also see a Youtube video recently recorded by Lynn Hardman, choreographer, of this year's Flash Mob moves, titled Yellow Springs Senior Center Flash Mob 2019 moves. Watch it and practice the simple moves, then come to the street **Wed., May 29**, for the music **starting at 1:00 pm**. Lynn will lead the dance. We will play the practice video in Senior Center exercise classes during May to learn the moves. Movement is the one best thing for health maintenance for most people. We hope you can join us for this lively, joyous annual event!

Wegerzyn Garden Center Outing

In mid-June the flowers are spectacular at the Wegerzyn. Home gardeners seeking a new landscape will find a wealth of design ideas, plant varieties and cultivation techniques, and will gain inspiration from annual and perennial flowers throughout the grounds. Park features also include the Children's Garden, Marie Aull nature trail, swamp forest, and the Pedestal Oak. We will depart from the west side of the Bryan Center parking lot at **10:00 am** in the **van on Tuesday, June 11**. Please bring a bottle of water, a sun hat and sun screen.

After touring the gardens, we will go to the nearby **George's Family Restaurant**, where the Wegerzyn staff go for American standards, Greek specialties and modest prices. Preferred sign up, with payment of the **\$5.00 fee**, is by **noon Tuesday, June 4**. Call 767-5751 for more information.



June Potluck & 80+ Birthday Lunch

The Third Thursday Potluck lunch is at **12:00 noon on June 20** in the Great Room. Bring a dish to share at noon, or come at *12:25 pm for the program*. Those 80 and over in June will be celebrated with dessert and song! For a ride, please call 767-5751 by three days ahead. **Guest Speaker: Katie Egart** is a retired university professor of Women's Studies and a student of Buddhism. Her topic is **"Why do we suffer? A Buddhist Approach."**

The Obesity Epidemic in the US: Connecting Biology and Culture

Anna Bellisari, Ph. D., retired from teaching biological and medical anthropology at Wright State, will present a talk about the obesity epidemic in the US. Her presentation shows that this country's obesity epidemic is a socio-cultural issue rather than an individual failing. All humans share a unique genetic-metabolic system of limitless energy storage and are biologically designed to become fat. Yet disparities in obesity rates exist around the world. Environmental variations largely beyond individual control account for these differences. The obesogenic American environment is responsible for the highest obesity prevalence among wealthy nations and for different obesity rates among specific groups in this country. On **Monday, June 24 at 6:30 pm** in the Great Room, Dr. Bellisari will talk about these issues. Please call and sign up if you are interested in attending this talk, 767-5751, and to request a ride if needed.

4 Easy ways to support the Center!

If you shop at **Kroger** and have a Kroger Plus card, you can direct Kroger's charitable giving to the YS Senior Center. The Center will get a percentage of your total spending. When the quarterly check arrives, the Center gets a total number of users and a donation, not names. You will need our organization number, which is RU161.



If you shop at **Amazon**, the

Senior Center can benefit. You must create an Amazon Smile account, and then you shop as usual. You will want to designate YS Senior Citizens as the recipient of 0.5% of your purchase total. As easy as that!

Planned Giving - What is it about? It means you are planning to give a gift later. It is a plan that you put in your will, an item that is worked out with your family and attorney. From time to time, the Senior Center receives such gifts. Whether these amounts are small or large, they are extremely helpful. If you would like more information, please contact **Karen Wolford, Executive Director, 767-5751 x 101**. Your call or meeting is strictly confidential. This is one of the easiest ways to leave a legacy to the Senior Center and become a member of The Legacy Society.

Required Minimum Distribution from your IRA

If you are 70 ½ or older and have an IRA, you know that each year you must take your Required Minimum Distribution (RMD.) But did you know that you can make a transfer directly from your IRA to a charity of your choice and the contribution is not taxed? You can give up to \$100,000 from your IRA to a charity and it will be counted towards your RMD but isn't included in your adjusted gross income. If you want further information on how you can make a gift to the Senior Center from your IRA, please contact your financial advisor.



BIRTHDAYS



Birthdays:

05/02* Inge Anstadt
 05/04* Suzanne Rudolf
 05/05* Elsie Richardson
 05/05 Christine Steele
 05/08 Jody Johnson
 05/08 Joe Johnson III
 05/09* Toshiko Asakawa
 05/11* Paul Abendroth
 05/12 John Fleming
 05/12 Claire Winold
 05/13* Shirley Mullins
 05/14 Frances Abrams
 05/14 Scott Clark
 05/14 Ragan Simmons
 05/17 Marjorie McLellan
 05/18* Marjorie Johnson
 05/20 David Kuder
 05/20 Bob Scott
 05/21 Ellen Hoover
 05/22 Len Kramer
 05/22 Juanita Melton
 05/25 Elaine Kresge
 05/25 Susan Stiles
 05/25* Wilma Deen
 05/26 Sherry Wixson
 05/28 Wendy Levitch
 05/29* Duke Conrad
 05/29 Keith Kresge
 05/29 Inge Lake
 05/29 Ann Marie Simonson
 05/31 Dave Finch

Note: the Senior Center does NOT sell or share your personal information, nor do we keep credit card information or numbers on file.

* Indicates those known to be 80 or over.

We apologize to anyone who may have been left off the Birthday List by mistake.

We only include current members who have shared their birth date.



June

06/01 Deborah Chlebek
 06/01 Lynn Hardman
 06/02* Ray Lewkowicz
 06/02* June Allison
 06/02 Roy Eastman
 06/03 Charla Brent
 06/03 Chris Powell
 06/03* Helen Westneat
 06/04 Catherine Ann Taylor
 06/04 Carol Cox
 06/05 Barbara Raber
 06/07 Pam Geisel
 06/07 Wayne Gulden
 06/07 Sam Young
 06/07* Harry Lipsitt
 06/07* Chris Ravndal
 06/09 Paul Graham
 06/09* Ted Campbell
 06/13 Susan Gartner
 06/14 Barbara Law
 06/18 Peggy Koebernick
 06/18* David Westneat
 06/18* Bob Baldwin, Jr.
 06/19 Judith O'Connor
 06/19 Linda Griffith
 06/20 Ruth Lapp
 06/21* Bruce Grimes
 06/22* Joseph L. Anthony
 06/22* Ruben Battino
 06/22 Mary Reeder
 06/22* Walter Rhodes
 06/24* Donna Brown
 06/26 Don Mates
 06/26* Kenneth Huber
 06/27 Karen Wolford
 06/28* Wanda Cubbage
 06/29 Omintha Petrie
 06/29 Jeanine Clark
 06/29 Laurie Dreamspinner

YS Senior Center 767-5751



Birthday Luncheon

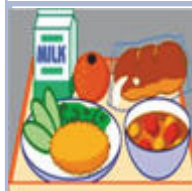
If you turn 80 or more in **May** or **June**, you are especially invited to celebrate your birthday at the **Senior Center Monthly Potluck Lunch** on the Third Thursday of the month, **Thur., May 16 or Thur., June 20.**

Those with a birthday in the month of the potluck do not need to bring a dish. There is no charge for anyone for this event. Of course, we are going to sing "Happy Birthday," and have a nice birthday dessert. The membership committee asks that **the birthday persons sign up in advance** by calling the Senior Center, 767-5751. Please let the receptionist know if you need a ride.

Beloved Community Lunch

Community Notice:

All who are interested may join in a **Free Community Meal** by the **Beloved Community Project** on the *third Saturdays*, **May 18 & June 15**, from **noon to 2 pm**, downtown at the YS Presbyterian Church. All food is homemade by volunteer YS cooks. See YS News for more info. Need a ride? Contact: Andree Bognar 767-2950 or Kate Anderson 767-2611.



Monday & Wednesday Senior Lunch

All are welcome and **more diners needed** for this

sociable time. Please call the Center to ask about the menu for any Mon. or Wed. lunch that you might like to attend.

Please call 767-5751 by **noon the weekday before** if you want a meal ordered for you for the first time, or just come.



227 Xenia Avenue
Yellow Springs OH 45387

ysseniors.org

937-767-5751

Mon. - Fri. 9:30 am – 4:00 pm



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Senior Notes

May - June 2019

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Volunteer Recognition Lunch & Annual Meeting	p. 3
Advanced Directives - Decide to be Heard.....	p. 4
Why Do We Suffer?	p. 14
Culture & Obesity talk.....	p. 14

CURRENT RESIDENT, OR:



May is Older Americans Month. Please join in as many activities as you can.
As always, thank you for your support of the Yellow Springs Senior Center.



Seated Volleyball 11:15 am M & W



Euchre and Hearts 2 pm Thursdays



YS Community Foundation
Awards recipients: the Senior Center and
Tabitha Drover for the Miller Fellow Award.



Drug Deactivation Pouch

Beginning **May 1, 2019**, the Senior Center will have on hand pouches that can be used to safely deactivate medications. The pouches and instructions for use will be available by asking at the front desk of the Senior Center. The Deterra ® drug deactivation pouches, brought to you by the **Ohio Safe Rx Collaborative**, are fast, safe and easy to use, and work on pills, patches, liquids, creams and film. All directions must be followed. The pouches are made of environmentally sound materials. Disposal of medications safely protects families, communities, and the environment.

