

Senior Notes

SEPTEMBER - OCTOBER 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

[web site: ysseniors.org](http://www.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.



Happy Labor Day !

The Senior Center will be **closed on Monday, September 2.**



Fall Bake Sale - coming soon! Please save the dates of **Friday & Saturday, October 11 and 12.** Previous bakers will receive a phone call or message a couple of weeks before. Please reply if you are willing and able to bake something. New bakers are welcome and needed.

Please bring your fantastic, delicious baked goods to the Senior Center on **Friday, Oct. 11, 10 - 3 pm.** Also on this day, these baked items will be for sale for those not attending the Saturday Street Fair.

Over the years a loyal fan base of bakers and buyers has developed who make this fundraiser so successful! A huge Thank-you to all!

The Senior Center is pleased to present the September - October

Art Exhibit: "Scenic" by Valerie French
Paintings, Drawings & Sculpture
by a YSSC Staff Member & Artist

Opening Reception: Friday, September 20, 4:00 - 7:00 pm
in the Senior Center Fireplace Room Gallery

Valerie French is an artist with an illustrative style that she has developed over her career as a Scenic Exhibit Artist and Arts Educator. She began drawing in early childhood, and has continued creating artwork of various types throughout her life. In her professional career, Valerie has created murals and sculptures, props, sets and animatronic figures for venues around the world. Her personal choice of subject matter is nature, including wildlife and scenic landscapes which she creates using a variety of media, working from her own photographs, and *en plein air*.

The exhibit will feature a collection of drawings and paintings in graphite, alcohol ink, & soft pastel, as well as sculptures. Valerie plans to be on hand to answer questions about her work. Art Committee members will also be present. Please stop by for an enjoyable evening in celebration and support of this talented local senior artist.

On exhibit through October 31.



**Welcome
NEW
Members!**

Heartfelt thanks to all for your generous support through membership!

Nora Barth
Coletta Bernaves
Ruthann Campbell
Cindy Freppon
Lisa Hunt
Rita Johnson
Danny Kiser
Sonia Kiser
Ardis Macaulay
Thomas Macaulay
Tracy Moran

Membership dues per year:
Single: \$20
\$15 for each
additional household member

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1. Go to:
ourseniorcenter.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.

A group of 13 enjoyed lunch at **Stella Bleu** in Springfield.



IT'S BUSY AROUND THE CENTER !



The mission of the **YS Senior Center Art Committee** is to promote the work of local artists who are 55 years or greater. If you are interested in exhibiting your fine art or craft in 2020, please contact **Valerie French** at vfrench@ysseniors.org, or call the YSSC at 937-767-5751 x 106. (Valerie's owl painting to the left). Yellow Springs Senior Center, 227 Xenia Av. Yellow Springs, OH 45387. **See first page about upcoming exhibit** and view event at: <https://www.facebook.com/events/441537869785842/>.



Karen Wolford cheering on **Mayor Pam Conine** at the Cloud Races held during the GCCOA Jam Fest Aug. 14.



String trio at July potluck.



A reading of *The Potter's Field*, written and performed by **Shelly Blackman** at the Annual Meeting.



In July, the Monday afternoon Mahjong class enjoyed welcoming and teaching two **visiting Japanese engineers**, who usually play Japanese style and enjoyed learning American style Mahjong.

Patricia High's art show opening featured vibrant colors matching the heat wave in July!



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Senior Citizens, Inc.
Established 1959**

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Senior Center 937-767-5751

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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

Facility Caretaker....Shahkar Strolger

NEWSLETTER DEADLINE

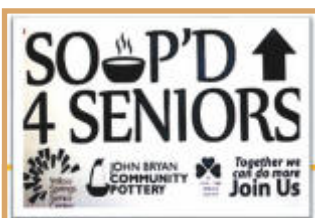
Copy deadline is the 30th of Sept. for Nov.-Dec. When bringing items in for Senior Notes, please use no more than **350** words, and please add your name & phone number for the editors. Place it in the mailbox for Lin Wood in the front hall area or best yet, email it to Lin: lwood@ysseniors.org

Newsletter Volunteers:

July/Aug.: Suzanne Patterson, Rosie Smith, Mary Cargan, Barbara Brookshire, Janeal Ravndal, Becky Campbell, Marian Miller, Anita Kohler, Donna Cottrell, Andree Bognar, and Maggie Heston.

Thank You to the Volunteers!!

Senior Center 937-767-5751



September is Senior Center month. The theme of the month is **Senior Centers: The Key to Aging Well**. We all age well by growing, learning, connecting and giving. Betty Friedan said: "Aging is not lost youth but a new stage of opportunity and strength." **Growing**...perhaps this is the time to find your voice, get involved in your community, and make your voice be heard. **Learning**...learn new things, learn about falls prevention, and learn about how to live well. **Connecting**...here is what Patti LaBelle said about connecting: "Work at your relationships all the time. Take care of friendships, hold people you love close to you, and take advantage of birthdays to celebrate fiercely." Connect with friends at the Senior Center; join in many of our activities that are just plain fun. **Giving**...I really think Martin Luther King, Jr., said it best: "Life's most persistent and urgent question is...what are you doing for others?" Look at the volunteer opportunities organizations have, and just do it.

In August the Senior Center kicked off its **Annual Appeal Campaign**. Please give generously to your Senior Center. We remain one of the few centers in Greene County that does not charge for participation in activities, or charge for rides, or charge for support services. The only way we can continue to do that is through donations to the Annual Appeal Campaign. Give today...it will make a difference in your life and in the lives of your neighbors.

I hope to see you at the many events and activities we are having in September and October. Read this issue of Senior Notes carefully and engage with us. See you around the Center.

- **Karen Wolford, Executive Director, kwolford@ysseniors.org**

From the Transportation Desk

You make a living by what you get. You make a life by what you give.

-Winston Churchill

From the dust of the World Trade Center catastrophe in 2001 arose the National Day of Service and Remembrance as a project to encourage everyone to volunteer and serve their communities on or about September 11.

Robert Putnam, in his book Bowling Alone, observes that the connective tissue holding communities together, its *social capital*, has markedly declined. We contribute less time to fewer organizations, know fewer neighbors, and socialize less; indeed, we tend to "bowl alone" rather than join a team.

You wouldn't see any of that from where I stand. The Senior Center transportation volunteers have driven over 6,000 miles through July, 2019, to complete more than 450 rides so seniors can attend to medical appointments, grocery shopping trips and other personal care errands, plus get to the Center for senior services and activities. The volunteer drivers have provided 500 hours of transportation service so far this year. That's roughly a quarter of a full time job!

How can we appropriately recognize and honor volunteers for their contribution to the lives of others in this village? These folks are to be found everywhere about town – leading church and school activities, assisting in classrooms, organizing community sports events, expanding the reach of community service organizations, taking care of friends and family, and driving seniors to medical appointments, among many other things.

I feel deficient not knowing what to do or say... except to say, "*Thank you for volunteering. I hope it means as much to you as it does to your passenger!*"

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

Soup Chefs Needed! Do you have a great soup recipe? The **Souped Up for**

Seniors event is right around the corner...**October 20, noon - 5 pm**. Soup makers are

needed. Our hope is to provide 200 bowls of soup that day. Soup should be delivered to the Senior Center on that Sunday. We will have all sorts of soups available. Please call the Senior Center and tell us you can bring soup and what kind, 937-767-5751. Your help will be appreciated. **Also see back page.**

SENIOR SUPPORT SERVICES

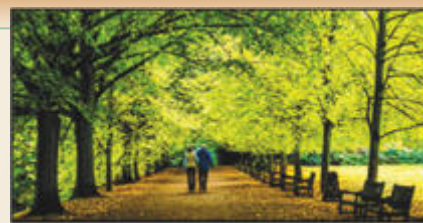
Hello Everyone!

Well It's that time of year again...**Medicare Open Enrollment!** From **October 15**, through **December 6**, we offer assistance with Medicare Advantage Plans, Drug Plans and Medigap/Supplement Plans. I will be scheduling appointments, **Monday through Friday at Noon, 1:00, 2:00 and 3:00**. Appointments will last 30-45 minutes each. To schedule an appointment, please **call me at 937-767-5751 x 106**. Please leave a voicemail if I do not answer, and I will call you back by the next business day.

Remember, coverage changes from year to year, so please be sure to compare what is available to you this year!

- Val

- **Valerie French, Senior Support Services Manager**
OSHIIP Medicare/Medicaid Representative
937-767-5751 x 106; vfrench@ysseniors.org



Are you caring for a loved one at home?

Looking ahead, FREE events:

CAREGIVER RETREAT:

» Saturday, November 9,
10 am - 2 pm

Aullwood Audubon Farm,
9101 Frederick Pike, Dayton

OR

» Thursday, November 14,
4:30 - 8 pm, Years Ahead Health
Center, 6661 Cloy Road,
Centerville

Being the primary support for a loved one who is vulnerable or who has a disability can be a consuming and sometimes overwhelming experience.

Join us for these **free events** to share with other caregivers and professionals to discuss common issues, share ideas, and learn more about supportive services.

- Participate in a panel discussion including a Geriatrician, Elder Law Attorney, Social Worker, and Hospice Social Worker
- Visit resource fair of local social service agencies
- Enjoy relaxing, fun activities and crafts.

A light & healthy meal will be served thanks to sponsorship from the Kettering Health Network.

Registration is required by calling the Kettering Health Network Call Center at **937-558-3988** and indicate which Retreat date you will attend. **RSVP by November 1.**

Sponsored by: The Area Agency on Aging, PSA 2; The Kettering Health Network; Alzheimer's Association - Miami Valley Chapter.

HARVEST



Homemaker Program

Autumn represents a time of harvest; a time to reap the results of all the hard work, and enjoy the bounty. It is also a time of planning so that the next harvest will also be fruitful.

Seniors have planned, worked and reaped from many different types of harvest. Now is a good time to enjoy life's harvest while reducing the labor to achieve it. Let our

Homemakers assist in the tasks of cleaning, errands and cooking, letting you rest, relax and enjoy. Please call me for details.

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

Fall Prevention Awareness from GCCOA

According to the Ohio Department of Aging, one in three older Ohioans will fall this year. Falls continue to be the leading cause of emergency room visits, hospital stays, and deaths for seniors, but we are hoping to reduce these numbers, at least in Greene County.



September is **Fall Prevention Awareness Month**. We invite you to participate in programs and activities promoting fall prevention and helping to keep us all strong, safe and upright, including Tai Chi and most any fitness and balance class!

See p. 13 for the Senior Center's annual **10 Million Steps to Prevent Falls** walk on the bike path at **12:00 noon on Monday, September 23.**

Important Notice:

The Charlie Brown Exceptional Patient and Caregiver Support Group, founded by **Rubin Battino**, LPCC, PhD, licensed counselor and retired WSU chemistry professor, has come to an end after 15 years as a free program of the Senior Center. The group has functioned with Rubin as sole facilitator most of the time.

The Senior Center offers Rubin deeply-felt thanks and best wishes.

Ongoing Classes, Groups and Events

YS Senior Center: 937-767-5751

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, 937-767-0235.

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.**

Adv. 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: 937-767-5751

Classes and Exercise Groups:

Rise & Shine Exercise - Work out kinks with easy movements that can be done sitting or standing. Includes resistance (weights).

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. Voice exercise, too.

Stability Class - Lynn Hardman's 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. **Now at Bryan Center gym. Free to YSSC members.**

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 has many more benefits. It could be the perfect activity for you. Two different classes per week.

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.

History Omitted - Joyce McCurdy's group that meets the 2nd & 4th Wednesdays of the month, discussing history which doesn't get into school history books.

Financial Management Series - Please see page 13.

Educational Speaker 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 - see **Dr. Tom Lolan** for cleaning hearing aids, changing batteries, and providing advice, 4th Tuesday of the month.

Great Books Group - engaged discussions on the 2nd Thursday each month on previously selected title.

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.

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THURSDAY	FRIDAY	SATURDAY/SUNDAY
5 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 6:30 – Great Books Group	6 10:00 – Qi Gong 11:15 – Tai Chi, p. 5 12:30 – Sign Language 2:45 – Strength Training	7 12:00 – Mahjong <div> 8 2:00 – Writers Eclectic </div>
12 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	13 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training	14 12:00 – Annual Senior Luncheon at First Baptist Church, p. 12 12:00 – Mahjong <div> 15 1:00 – “Get Acquainted Potluck Lunch” with Antioch College students, p. 13 </div>
19 Noon – POTLUCK LUNCH & 80+ Birthday – Dr. Neravetla, Heart Health, p. 13 & 15 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	20 10:00 – Qi Gong 10:30 – Poetry Reading 11:15 – Tai Chi 12:30 – Sign Language 1:45 – Creative Writing, p. 12 2:45 – Strength Training 4:00 –7:00 pm -ART SHOW OPENING, see front cover	21 12:00 – Mahjong 12:00 – Beloved Community Lunch, p. 15 <div> 22 12:30 – Grandmother Council 2:00 – Writers Eclectic </div>
26 10:00 – Balance & Diabetes Workshop, p. 12 1:30 – Music & the Brain, p. 12 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	27 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 1:45 – Creative Writing 2:45 – Strength Training	28 12:00 – Mahjong <div> 29 Senior Center web site: yseniors.org </div>
 <p>Welcome new front desk volunteer, Board member, driver and creative writing class leader Diane Chiddister!</p>	<p>Monday & Wednesday Lunches</p> <p>A friendly group gets together for a nice, hot lunch in the Great Room on Mondays and Wednesdays at noon.</p> <p>More people could be served at this event, and it's very simple to attend. Just come and try it out!</p> <p>These meals are part of the federal Senior Nutrition Program.</p> <p>Suggested donation, \$2.</p>	<p>Turn over for October calendar.</p>   



OCTOBER 2019

MONDAY

Turn over for the
September calendar



TUESDAY

WEDNESDAY

1

9:45 – Japanese lang. class, p. 12
11:00 – Play Rummikub
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
6:00 – YS Strings
6:00 – It's My Money, p. 12

2

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

7

10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena

8

9:45 – Japanese lang. class
11:00 – Play Rummikub
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
7:00 – YS Strings Rehearsal

9

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

14

10:30 – Rise & Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena

15

11:00 – Jungle Jim's trip, p. 14
Medicare OPEN Enrollment, p. 4
9:45 – Japanese lang. class
11:00 – Play Rummikub
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
7:00 – YS Strings Rehearsal

16

10:00 – Needlework Group
10:30 – Rise and Shine Exercise
11:15 – Seated V.ball
Noon – Sr. Lunch
2:00 – Dancing with Parkinson's
2:30 – Stability class, Bryan Ctr.
4:00 – Constitutional Rights
4:00 – Adv. Spanish Conversation
5:15 – Adv. Beginner Spanish I
6:30 – Bridge

21

10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena
6:30 – Financial Program, p. 13

22

9:45 – Japanese lang. class
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

23

10:00 – Needlework Group
10:30 – Rise and Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
2:00 – Dancing with Parkinson's
2:30 – Stability class, Bryan Ctr.
4:00 – History Omitted
4:00 – Adv. Spanish Conversation
5:00 – BOARD MEETING
5:15 – Adv. Beginner Spanish I
6:30 – Bridge

28

10:30 – Rise & Shine Exercise
11:15 – Seated Volleyball
Noon – Senior Lunch
1:00 – Beginner Mahjong
1:30 – Yoga with Reena
6:30 – Educational Series, "The Free Clinic, & Health Care in America & How to Fix It." Steve Bujenovic, MD, p. 13

29

9:45 – Japanese lang. class
11:00 – Play Rummikub
11:00 – Pumpkin Fest, p. 14
1:00 – Qi Gong
2:00 – French class
3:30 – Adv. Beginner German
7:00 – YS Strings Rehearsal

30

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

Email: lwood@ysseniors.org

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THURSDAY	FRIDAY	SATURDAY / SUNDAY
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10 10:00 – Balance & Diabetes Workshop 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan 6:30 – Great Books Group	11 Bake Sale delivery day & pre-sale, 10 am - 3 pm, p. 1 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 1:45 – Creative Writing 2:45 – Strength Training	12 YS Street Fair & Fall Bake Sale 9 am - 4 pm <div style="text-align: right;">13</div>
17 Noon – POTLUCK LUNCH & 80+ Birthday -- Guest musicians: Nancy Lineburgh & David Finch, p. 14 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan *(Balance class Field Trip, see p. 12)	18 12:00 – 5 - Town Drug Flu Shot Clinic, p. 14 10:00 – Qi Gong 10:30 – Poetry Reading 11:15 – Tai Chi 12:30 – Sign Language 1:00 – Kidney Health Talk, p. 14 1:45 – Creative Writing 2:45 – Strength Training	19 12:00 – Mahjong 12:00 – Beloved Community lunch, p. 15 <div style="text-align: right;">20</div> Souped UP for Seniors Noon - 5:00 – SOUP Meal, p. 3 & back 12:30 – Grandmother Council 2:00 – Writers Eclectic
24 10:00 – Balance & Diabetes Workshop 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	25 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 1:45 – Creative Writing 2:45 – Strength Training	26 12:00 – Mahjong <div style="text-align: right;">27</div>
31 10:00 – Balance & Diabetes Workshop 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 6:30 – Tai Chi Chuan	<div style="border: 1px solid black; padding: 5px;"> <p>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.</p> </div>	 <p>Front Desk Volunteers Needed</p> <p>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 937-767-5751 x 105.</p>



SEPTEMBER 2019

MONDAY	TUESDAY	WEDNESDAY
2 Happy Labor Day ! The Senior Center is closed today. 	3 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal	4 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability Class, Bryan Ctr. p.12 <u>4:00 – Constitutional Rights, p. 5</u> 4:00 – Adv. Spanish Conversation 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
9 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 6:30 – Financial Program, p. 13	10 9:45 – Japanese lang. class, p. 12 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal	11 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability Class, Bryan Ctr. 4:00 – History Omitted, p. 5 4:00 – Adv. Spanish Conversation 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
16 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 12:05 – SNAP at Farmer's Markets, p. 12 1:00 – Beginner Mahjong 1:30 – Yoga with Reena	17 9:45 – Japanese lang. class 11:00 – Lunch Bunch, Meadowlark Restaurant, p. 13 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German	18 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability Class, Bryan Ctr <u>4:00 – Constitutional Rights</u> 4:00 – Adv. Spanish Conversation 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
23 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – 10 Million Steps, p. 13 & 4 Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena	24 9:45 – Japanese lang. class 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	25 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated V.ball; Noon – Sr Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability Class, Bryan Ctr 4:00 – History Omitted 4:00 – Adv. Spanish Conversation 5:00 – BOARD MEETING 5:15 – Adv. Beginning Spanish I 6:30 – Bridge
30 <u>Newsletter Deadline for Nov.-Dec.</u> 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 6:30 – Educational Series, "What is Classical Music Today?" Jeff Huntington, p. 13	 <p>Friends, lovely gardens...</p>	<p>Hand-crafted menus and chilled summer melon soup... a Garden Party!</p>  

➤ Reach the Senior Market
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14-1448



News from GCCOA

Music and the Brain

Thursday, September 26, 1:30 - 4:30 pm



Xenia Community Center, 1265 W. Second Street (next to the Council's office)

Music benefits the brain, including for people with memory challenges and dementia.

The theme is *A Musical Road Trip*. You can count on an Enjoyable, brain-flexing time with a wonderful group of travelers! There is no cost to participate but reservations are appreciated in order to plan for set-up, materials and brain-healthy refreshments.

Brochures are available at senior centers, Council offices, and on the Council's website. You can also request a brochure by contacting the Council at 937-376-5486 or info@gcco.org.



It's My Money! My Stuff! My Life!

Tuesdays, October 1 thru 29, 6:00 - 8:30 pm.

The cost is \$40 per household and includes handouts and heavy refreshments.

To request the brochure, please contact the Council at 937-376-5486 or info@gcco.org.

Held at Xenia Community Center 1265 W. Second Street, Xenia

Fun at the 2019 Garden Party Fundraiser. Thanks to everyone who participated!

More photos on calendar.



Annual Senior Citizens Luncheon at YS First Baptist Church

This annual smorgasbord of scrumptious, beautiful home-cooked dishes, honoring the elders in YS, is not to be missed!

All are invited to attend on **Saturday, Sept. 14, 12 noon**, 600 Dayton St., YS. Please sign up at the Senior Center 937-767-5751 by Sept. 11.



Stability Class, Bryan Center Gym

Simple, effective evidence-based exercises to improve balance and reduce risk of falls, with certified instructor **Lynn Hardman**. Work with a chair or standing as you feel safe. Options to learn ways of getting up and down from the floor (falling in slow motion) using a thick mat for those who want to practice. **Bryan Center Gym, Wednesday, 2:30 to 3:30 pm, starting Sept. 4. No fee to YSSC members & Silver Sneakers.**

Creative Writing

In-class writing using prompts that spur imagination and memory. You may share writing with each other, no pressure. Use writer's tools, plus ways to integrate these into our writing. We'll have fun and be a community for writers, or those who want to give it a try. Suggested donation of \$5 per class; open to all, regardless of ability to pay. Led by **Diane Chiddister, 1:45 - 3:30 pm Fridays, starting Sept. 20** in the Fireplace Room.



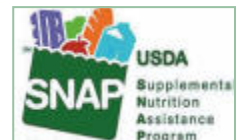
Japanese Language Class - Free

Mike Davis, instructor, has lived in Japan for 13 years as an English instructor. The class starts **Tues., Sept. 10, 9:45 am** in the Great Room and runs approximately three months.

Supplemental Nutrition Assistance Program (SNAP) at Farmer's Markets.

Rachel Isaacson of **Community Solutions** will speak at the Senior Lunch on **Mon., Sept. 16, at 12:05 pm** in the Great Room, on how to use SNAP benefits for buying fruits and vegetables at Farmer's Markets. Learn how to double your money to buy produce.

NOTE: Request transportation to YS Farmer's Market on Saturday am by calling 937-767-5751 at least three days in advance.



Building Better Balance and Diabetes Prevention Workshop

Leslie Edmunds, registered and licensed dietitian, owner of **Clem & Thyme Nutrition**, and **Melissa Heston**, certified personal trainer, owner of **360° Private Training Studio** and Encore Miller Fellow of Wellness, are the presenters of this new workshop series at the Senior Center. The workshops take place **Thurs., Sept. 26, through Thurs., Oct. 31, 10:00 - 11:30 am** in the Great Room, except Oct. 17, which will be a field trip. Weekly sessions include daily reflection journal, healthy snack making, easy-to-do exercises, informative handouts, and more. All participants need to commit for the entire six weekly sessions. There is no charge. Partially funded by a grant from GCCOA. Please sign up by calling 937-767-5751.





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 **Mondays, 6:30 - 7:30 pm, in the Great Room, on Sept. 9:** Fixed Income Basics; **Oct. 21:** Tax-Free Investing. Future/last topic and date is: Nov. 11: The Crucial Years 55-70.

Get Acquainted Potluck Lunch



This potluck program was initiated by Chris Chavers, Miller Fellow of the Coretta Scott King Center at Antioch College, to bring YS elders and Antioch College students together for fun discussions and to enjoy a meal together. Chris and the students will bring food, so please come along and bring a dish to share at the potluck **in the Great Room on Sunday, September 15, at 1:00 pm.** Please sign up by calling the Senior Center, 937-767-5751.



Meadowlark Restaurant Outing

A favorite of Senior Center outing-goers, including the lunch menu fare with Garlic Frites, \$6.95, 'Lark Burger' of coarsely ground beef seasoned with red wine, minced onion, and fresh rosemary...\$12.95, Fish Tacos, \$12.95, Portabello Pattymelt, \$11.95, Veggie Meadow Burger, \$11.95, sandwiches include French fries or fresh mixed greens.

At least six must confirm on the day of departure for the trip to take place. We depart at **11:00 am, Tuesday, Sept. 17,** to the Meadowlark, 5531 Far Hills Ave., 937-434-4750. Seating may be limited. If the van seating is subscribed, alternates may sign up. Transportation is \$5.00 payable in the van on the day of the outing. Please call 937-767-5751 to sign up.



Ten Million Steps to Prevent Falls

Monday, Sept. 23, is National Falls Prevention Awareness Day. One in three older Ohioans will fall this year. Walking is a good exercise to keep or increase fitness and prevent falls. Join in to raise awareness and help stop the epidemic of falls by *walking on the bike path*, starting at the water table behind the MTF-R fire station at 225 Corry Street at **12:00 noon.** A one-mile course is marked, going south and back, starting from the fire station, with water stations at the quarter-mile marks of the course. Please write your name and how far you walked in the book when you return to the starting point.

Educational Speaker Series



Jeff Huntington, a musician and music lover, will speak on "What is Classical Music Today?"

🎵 **Monday, Sept. 30, 6:30 pm** in the Great Room.



Steve Bujenovic, MD, who volunteers at the local free clinic, will speak on "The Free Clinic, plus Health Care in America and How to Fix It."

+ **Monday, Oct. 28, 6:30 pm** in the Great Room.



September Potluck Lunch & 80+ Birthday



The Third Thursday Potluck lunch is at **12:00 noon on September 19** 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 *September* will be celebrated with dessert and song!

The presenter is **Dr. Surender Reddy Neravetla**, a heart surgeon on a mission to prevent heart disease, which affects every family. He is the director of award-winning cardiac surgery at Springfield Regional Medical Center.

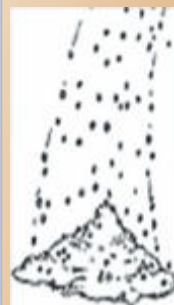
Dr. Neravetla is focused on raising awareness of the **dangers of table salt.**

He has written two books on this subject, and a chapter in a textbook, which have received favorable recognition. In addition, he writes a blog at saltkills.com. He has presented nearly 200 times on the health dangers of excessive salt in food. He is passionate and conveys known medical information using plain words and illustrations. A video interview with Dr. Neravetla may be found at his website, althnowbooks.com.



Here is a chance to hear him in person and ask questions.

For a ride, please call 937-767-5751 by three days ahead.





International Food Store Outing

This store is a wonderful display of foods you love, and some things you've never heard of. There is a section of ingenious housewares. There's a large produce department with an array of fruits and vegetables from all over the world. We depart at **11:00 am on Tuesday, October 15.**

At least six must confirm on the day of departure for the trip to take place. Seating may be limited. If the van seating is subscribed, alternates may sign up. Transportation is \$5.00 payable in the van on the day of the outing. Please call 937-767-5751 to sign up.



October Potluck Lunch & 80+ Birthday

The third Thursday Potluck lunch is at **12:00 noon on October 17** in the Great Room. Bring a dish to share at noon, or come at 12:25 pm for the program.

Those who become 80 and over in October will be celebrated with dessert and song.

For a ride, please call 937-767-5751 by three days ahead.

Nancy Lineburgh and David Finch will play old favorites, such as 'Turkey in the Straw,' 'The Ash Grove,' 'Old Joe Clark,' and recognizable music that has unfamiliar names, such as 'Year of Jubilo.' It is traditional music with Irish roots, played on stringed instruments. Please come hear these engaging local musicians.

Cedarville U. Pharmacy School Program:

Kidney Health

On **Friday, Oct. 18**, the Cedarville pharmacy students will assist with a *flu shot clinic* from **12:00 noon to 5:00 pm at YS Town Drug.** Some students will also come to the Senior Center Great Room at **1:00 pm** and present a program on kidney health called "Chronic Kidney Disease, Effects on the Kidneys, and Prevention." This is an important topic we don't hear about often, so please come hear pharmacy doctor's degree candidates teach about keeping your kidneys healthy.



Join **Becky Baker of Friends Care Community** for pumpkin pie and other seasonal refreshments at **11:00 am on Tuesday, October 29** in the Great Room. We'll solve Becky's challenging and fun puzzles. Please call at least three days ahead if you need a ride, 937-767-5751.

Looking Ahead:



Program: Medication Interactions, Meds to Use with Caution

On **November 15**, the pharmacy school students mentioned above will again be at **YS Town Drug** for a flu shot

clinic, **12 noon - 5 pm**, this time including blood pressure screening, blood glucose screening, and medication review. On that date pharmacy doctor's degree candidates will present a program on "Prescription Drug Interactions" at **1:00 pm in the Great Room.**

They will also include information about the Ten Medications Older Adults Should Avoid or Use with Caution.



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 important. If you would like more information, please contact **Karen Wolford, Executive Director, 937-767-5751 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:

09/01* Lois Pelekoudas
 09/01 Mary Ann Townsend
 09/04* Donna Lipsitt
 09/06 Joann Hausser
 09/06 Ellis Jacobs
 09/06 Henry Lapp
 09/07* Bonnie Rahim
 09/08 Suzanne Patterson
 09/08 Denise Runyon
 09/08 Joy Bartenstein
 09/09 Barbara Bullock
 09/10 Pat McCurdy
 09/11 Barbara Leeds
 09/11 Bill Hardman
 09/12* Oliver Clemens
 09/15 Melinda Squibb
 09/16 Vijay Bathija
 09/16 Bonnie Fails
 09/18* Gordon Cowperthwaite
 09/19 Pat Barker
 09/22 Harvey Paige
 09/22* Alyce Earl-Jenkins
 09/22* William O. Ross
 09/22 Jim Stone
 09/22 Nora Chalfont
 09/23 Jennifer Davis
 09/25* Donna Cottrell
 09/25* Judith Williams
 09/26* Nancy Lewkowicz
 09/26* Phyllis Jackson
 09/26 David Casenhiser
 09/26 Monty Cox
 09/26 Parviz Dadras
 09/26 Danny Kiser
 09/27 Patricia Fleck
 09/28 Mary Stukenberg
 09/29* Andrée Bognár

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.



Birthdays in October:

10/01 Bob Huston
 10/01* Zuvart Prestopino
 10/02 Mike Carr
 10/02* Karl Koehler
 10/02 Virginia Caudill
 10/02 Anne Johnston
 10/05* Josephine Townsend
 10/05 Robert Libecap
 10/07 Greg Felder
 10/07 Michael Jones
 10/07 Maxine Skuba
 10/08 Sandy McHugh
 10/09 Joan Ackerman
 10/09* Thelma Ross
 10/13 Lee Huntington
 10/18 El'Girtha Ryder
 10/18 Charles Krabec
 10/20 Andrzej Bloch
 10/20* James Corbin
 10/21 Jill Chapman
 10/21* Jim Rose
 10/22* Fran LaSalle
 10/22* Flo Lorenz
 10/22 Margo Bode
 10/23 Sheila Filler
 10/23* Elizabeth Cady-Jones
 10/23 Caroline Mullin
 10/26 Terry Hardie
 10/26 Laurie Martt
 10/29 Carolyn Bradford
 10/29 Sherraid Scott
 10/29 Peter Price
 10/31 Sabrina Jewett
 10/31 Bob Zearfoss
 10/31 Jim Mayer
 10/31 Cokie Stello

YSSC Annual Members' Art Show & Sale -

Show Opening Friday, Nov. 15

Art work must be delivered to the Fireplace Room **Nov. 4 - 8**; please see details on the enclosed entry form.



Birthday Luncheon

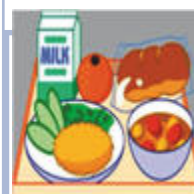
If you turn 80 or more in **September** or **October**, you are especially invited to celebrate your birthday at the **Senior Center Monthly Potluck Lunch** on the Third Thursday of the month, **Thur., September 19 or Thur., October 15.**

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, 937-767-5751. Please let the receptionist know if you need a ride.

Beloved Community Lunch

Notice:

All who are interested may join in a Free Community Meal by the **Beloved Community Project** on the third Saturdays, **Sept. 21 & October 19**, 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 937-767-2950 or Kate Anderson 937-767-2611.



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 937-767-5751 by **noon the weekday before** if you want a meal ordered for you for the first time, or just come.



227 Xenia Avenue
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937-767-5751

Mon. - Fri. 9:30 am – 4:00 pm



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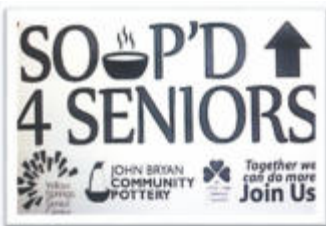
Senior Notes

September - October 2019

Souped UP for Seniorsthis page
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Meadowlark Outing.....p. 13



CURRENT RESIDENT, OR:



Lots of creative tinkering in the potshop at **John Bryan Community Pottery** - making bowls for the **SOUPED UP FOR SENIORS** fundraiser. Come pick out a favorite bowl and enjoy a delicious homemade soup meal.

Date: Sunday, October 20, 2019

Time: Noon-5 (Drop-In when you can)

Place: Senior Center Great Room

Cost: \$10 for bowl of soup, bread, and handmade bowl.

Proceeds benefit the YS Senior Center

