

Senior Notes

NOVEMBER - DECEMBER 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.



The Senior Center will be closed on **Thursday & Friday, November 28 & 29.**



December holiday closings are at **12 noon Tues. Dec. 24,** & closed **Wed., Dec. 25.**



Happy New Year 2020!

The Center will close at **12 noon on Tues.**

Dec. 31 and will be closed on Wednesday, Jan. 1, 2020, New Year's Day.



The Senior Center is pleased to present the November - December

Mixed Media Art Exhibit:

YSSC Members Art Show & Sale

Opening Reception:

Friday, November 15, 4:00 - 7:00 pm

in the Senior Center Fireplace Room Gallery

The Yellow Springs Senior Center invites you to show and sell your original artwork in our 5th Annual Members' Art Show & Sale, to be held in the Fireplace Room Gallery at the Senior Center **November 15 - December 27, 2019.** Exhibitors must be age 55 or greater, current members of the Senior Center, or must join at the time of entry. Annual membership is just \$20 and helps support many services to the community.

Artists may enter up to two, 2-D or 3-D pieces of original artwork, at least one of which must be for sale. Artwork must be no larger than 36 inches x 36 inches and must be ready for hanging or display. Artwork may be dropped off at the Center November 4 through 8, from 12 noon to 3:00 pm.

The opening reception for the Member Show will be on Friday evening, November 15, from 4:00 - 7:00 pm. Artists will be on hand to discuss their work, and Art Committee members will be serving refreshments. Please join us in support of local senior artists!

On exhibit through December 27.

Inclement Weather Policy

When the Yellow Springs Schools are closed due to the weather, the Senior Center is **CLOSED**. When the schools are on a delay, the Senior Center is not - it will open at the normal time. When the Senior Center is closed, **ALL** scheduled rides with YSSC Transportation and activities are **CANCELLED** for that day; **HOWEVER**, on such days, the Executive Director and the Transportation Manager will determine whether any – or all – medical rides shall proceed as scheduled.

As a 'medical' passenger on those days, you can expect a phone call from YSSC to further discuss your ride arrangements. (937) 767-5751.





**Welcome
NEW
Members!**

Heartfelt thanks to all for your generous support through membership!

Beth Corlett
Dione & Saul Greenberg
Gillian Hill
Joe Hill
Brenda Hubbard
Jacqueline Hunt
Jim Johnson
Joyce Kaufmann
Johnetta Kitzmiller
Sam Longo
Bethany Navin
Kim Rea
Larry Shine
Shirley Smith
Ellen Svendsen

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

To subscribe & read the Senior Notes online:

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.

Just for Laughs

- *Why did the turkey cross the road?*

It was Thanksgiving Day, and he wanted people to think he was a chicken.

- *How do you send a turkey through the mail?*
Bird class.

IT'S BUSY AROUND THE CENTER !

Thank you to the 'dahlia queen' Dinah Anderson for gracing the Senior Center front desk with fresh dahlias from her garden each week during her dahlia season!



We had a hard time deciding which was prettier, the vases or the dahlias!

Thank you to all the Antioch College students who prepared a



potluck feast on campus and brought it to the Senior Center for an 'eat n greet' with local seniors. There were just three seniors in attendance; we hope for more the next time - the food was just as awesome as the students!



Thank you to the YS Baptist Church Annual Senior Luncheon, with guest speaker Dr. Christopher Cox holding the audience in rapt attention with a presentation on Alzheimer's.



Cedarville Univ. doctor of pharmacy degree candidate gave a talk about risk factors for **CKD (chronic kidney disease)**: diabetes, high blood pressure, heart problems or stroke, obesity, family history, tobacco use, over age 60... Also stressed was how extremely important it is to drink at least **8 glasses of plain water a day!**



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Senior Citizens, Inc.
Established 1959**

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Senior Center 937-767-5751

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Activities Program Manager

Corinne Pelzl.....x105

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Homemakers: Vicci Ayers, Serena Gentry, Heather Neill, Jennifer Johnson, Stephanie Robinson, Margaret Hackett, Mary Stukenberg and Joshua Hayward.

Financial Administrator

Priscilla Moorex102

Office Mgr./Development Asst.

Lin Wood.....x103

Facility Caretaker....Shahkar Strolger

NEWSLETTER DEADLINE

Copy deadline is the 25th of Nov. for Jan.- Feb. 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:

Sept./Oct.: Suzanne Patterson, Dora Voudris, Patty Alexander, Katherine Merrill, Terry Hardie, Andree Bognar and Maggie Heston.

Thank You to the Newsletter Volunteers!!

Senior Center 937-767-5751

New Tables and Chairs

There are new tables and chairs in the Great Room! Thanks to a grant from **Greene County Council on Aging**, all those heavy tables and hard-to-stack chairs have been replaced. It will be awesome to move tables and chairs with ease. - Karen Wolford



It is fall. I hope you had an opportunity to participate in one of the many events around the Senior Center. And, I hope you will take full advantage of the events coming in November and December.

I recently went to a workshop where we read an article about an elementary school that was going to celebrate the first 100 days of school. They were celebrating by having the students dress up like senior citizens. The article gave parents a number of websites where they could go to find out how to accomplish "dressing up" like a senior citizen. It got me thinking about what does "dressing up" like a senior citizen mean? The websites, given to parents, said things like...put powder in hair, talk slowly, borrow a walker or cane, add padding around the waist, and wear baggy clothes. I want to change how the community views older adults. Aren't we a resource for helping to solve community issues? Aren't we the ones who are volunteering with community organizations? The answer to those questions is yes. Why, because we are a vibrant group of older adults who are ready to tackle just about anything and welcome the opportunity. And, I don't know about you, but we don't all wear baggy clothes.

If you have not yet made a financial gift to the Center this year, please consider making one now. Each and every dollar donated supports the Center and its many programs and activities, most of which are free of charge.

I want to wish each and every member a very happy holiday season. Whether this season finds you traveling to visit family and friends or finds you staying in the village, I send my warm wishes for a pleasant season.

GIVING TUESDAY

YS Giving Tuesday is **Tuesday, December 3**. Giving Tuesday started as a day for anyone, anywhere to give. Giving Tuesday harnesses the generosity of millions of people around the world to support the causes they believe in and the communities in which they live. Look for more information in the YS News in November about ways in which to give to your community...and yes, the Senior Center is on the list to participate.

See you around the Center.

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

From the Transportation Desk



We are now half past Autumn and soon to be visited by Winter. Those reading this article are likely better at giving advice on Winter driving than receiving it. So, I'll just say, "be careful out there!"

A quick note regarding **Winter Weather** and transportation at YSSC. The **Center is closed on those days that Yellow Springs schools close** for inclement weather. **ALL** scheduled rides with YSSC Transportation are presumed **CANCELLED** for that day. However, medical ride requests will be individually reviewed to determine if they shall proceed as scheduled. As a 'medical' passenger on those days, you can expect a phone call from YSSC to further discuss ride arrangements.

BAKE SALE THANKS!!

A big **thank you** to all who participated in the Senior Center Bake Sale during October Street Fair, bringing in over \$1,000 on sale days and with a \$1,000 from an anonymous donor, the bake sale made over \$2000!

Volunteers, you are all greatly appreciated!

SENIOR SUPPORT SERVICES

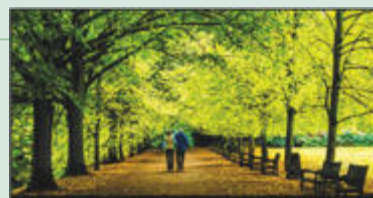
Hello Everyone!

Medicare enrollment continues at the Senior Center through **Friday December 6**. There are changes in coverage for every plan, every year, so please review your plan. You can do this by going online to **Medicare.gov**, or by seeking assistance here at the Senior Center. There are still appointments available. To request an appointment, please leave a voicemail at: 937-767-5751 x 106. I will return your call the next business day, to schedule your appointment. - 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? FREE events:

CAREGIVER RETREAT:

» **Sat., Nov. 9, 10 am - 2 pm**

Aullwood Audubon Farm,
9101 Frederick Pike, Dayton

OR

» **Thurs., Nov. 14, 4:30 - 8 pm,**

Years Ahead Health Center,
6661 Clio 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 the 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.



Homemaker Program

A warm cup of cocoa, a warm handshake and a warm smile; a wonderful combination to make a happy and pleasant season. Relax, enjoy this time of the year and allow a homemaker from the

Yellow Springs Senior Center help clean, cook and run errands, leaving you with more time to laugh, love, and live.

Teresa Bondurant, Homemaker Program Manager

937-767-5751 x 107; tbondurant@ysseniors.org

Popcorn and Movie Time



Two movies will be shown in the Great Room from the works of **Julia Reichert**, local cinema artist and professor, who has received national and worldwide renown for her contribution to filmmaking. **The Last Truck**, the story of the closing of the Dayton General Motors auto assembly plant, will be

shown at the Senior Center at **3:00 pm Monday, Nov. 11. Growing Up Female**, one of Julia Reichert's early works, with Senior Center member and volunteer **Judy Rose** having a role in the movie, will be shown at the Senior Center at **3:00 pm Monday, Dec. 9**. Come join us for popcorn and these famous award winning films in our own Senior Center "living room."

NEW: Scrabble Time

Join Larry Shine and the players for a thoughtful game of **Scrabble** in the Great Room, **Tuesdays, 10:00 am**, right before Rummikub at 11:00. If you have a game, you can bring it if you like.



"Winter Song II"

The YS community is cordially invited to a holiday performance gathering featuring local talent - musicians and singers. The annual event is held at The YS Presbyterian Church on **Sat., Dec. 14, 7 pm**.

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

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!

Scrabble - word game.

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. Tai chi chuan on Thurs. & Tai chi balance on Friday.

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.

Creative Writing - weekly on Friday.

Speaker Series - Please see page 13.

Scrabble - NEW, weekly on Tuesday, p. 4.

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, but not Dec.

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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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
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.	1 10:00 – Qi Gong 11:15 – Tai Chi, p. 5 12:30 – Sign Language 2:45 – Strength Training 4:00 – Creative Writing	2 NO Mahjong this date. 3 2:00 – Writers Eclectic
7 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Elder Panel, p. 12 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 5:00 – Spanish Potluck 6:30 – Tai Chi Chuan	8 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training 4:00 – Creative Writing	9 10:00 – Caregiver Retreat, p. 4 12:00 – Mahjong 10
14 11:30 – Lunch Bunch, Cobblestone Café, p. 13 1:30 – Yoga with Reena 2:00 – Euchre 3:00 – Adv. Beginner Spanish II 4:00 – Adv. Beginner Spanish III 4:30 – Caregiver Retreat, p. 4 6:30 – Tai Chi Chuan 6:30 – Great Books Group	15 10:00 – Qi Gong 10:30 – Poetry Reading 11:15 – Tai Chi 12:30 – Sign Language 1:00 – Rx Interactions, p. 12 2:45 – Strength Training 4:00 – Creative Writing 4:00 – 7:00 pm -ART SHOW OPENING, see front cover	16 12:00 – Mahjong 12:00 – Beloved Community Lunch, p. 15 17 12:30 – Grandmother Council 2:00 – Writers Eclectic
21 Noon – POTLUCK LUNCH & 80+ Birthday - Wellness for Winter, Andrew Brody, 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	22 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training 4:00 – Creative Writing	23 12:00 – Mahjong 24 Senior Center web site: ys seniors.org
28  HAPPY THANKSGIVING Senior Center CLOSED today.	29  Senior Center CLOSED today.	30 12:00 – Mahjong Note: Community Potluck - <u>Thanksgiving Day</u> Please check the YS News for any updated information.



DECEMBER 2019

MONDAY	TUESDAY	WEDNESDAY
2 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena	3 GIVING TUESDAY, p. 3 10:00 – Scrabble NEW, p. 4 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 6:00 – YS Strings 6:00 – GCCOA - Holiday Soiree (open until 8 pm), p. 12	4 11:00 – GCCOA Holiday Soiree, p.12 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Sr Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability class, Bryan Ctr., p. 5 4:00 – Constitutional Rights 5:00 – BOARD MEETING 5:15 – Adv. Beginner 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 3:00 – Movie: <u>Growing Up Female</u>, p. 4	10 10:00 – Scrabble 11:00 – Holiday Tea Party, p. 14 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 5:15 – Adv. Beginner Spanish I 6:30 – Bridge
16 10:30 – Rise & Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena	17 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal	18 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Sr. Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability class, Bryan Ctr. 4:00 – Constitutional Rights 5:15 – Adv. Beginner Spanish I 6:30 – Bridge
23 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena	24 (no hearing aid help today) 10:00 – Scrabble 11:00 – Play Rummikub  Senior Center CLOSED at 12 NOON	25  Senior Center CLOSED
30 10:30 – Rise & Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – Speaker Series, Islamic Influence on Gardens in Spain, p. 13	31 10:00 – Scrabble 11:00 – Play Rummikub  Senior Center CLOSED at 12 NOON for New Years Eve	January 1, 2020  Happy New Year!! Senior Center CLOSED today. See you tomorrow.





Yellow Springs Senior Center: 937-767-5751
Hours: Monday – Friday 9:30 am – 4:00 pm
Email: lwood@ysseniors.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
5 10:30 – YSHS Holiday Luncheon for Senior Citizens, 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 Potluck 6:30 – Tai Chi Chuan	6 Medicare OPEN Enrollment ENDS today, p. 4 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training 4:00 – Creative Writing	 1 7 8:30 – Winter Farmer's Market 12:00 – St. Paul's Luncheon, see top of November calendar page. 12:00 – Mahjong 8 2:00 – Writers Eclectic 3:00 – Threshold Singers, p. 14
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 6:30 – Great Books Group	13 10:00 – Qi Gong 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training 4:00 – Creative Writing	14 8:30 – Winter Farmer's Market 12:00 – Mahjong 7:00 – Winter Song II, p. 4 15
19 Noon – POTLUCK LUNCH & 80+ Birthday -- Holiday Music & More with Guest musicians: Minde-Berman Family, 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	20 10:00 – Qi Gong 10:30 – Poetry Reading 11:15 – Tai Chi 12:30 – Sign Language 2:45 – Strength Training 4:00 – Creative Writing	21 8:30 – Winter Farmer's Market 12:00 – Mahjong 12:00 – Beloved Community lunch, p. 15 22 12:30 – Grandmother Council 2:00 – Writers Eclectic
26 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 2:45 – Strength Training 4:00 – Creative Writing	28 8:30 – Winter Farmer's Market 12:00 – Mahjong 29
 Poetry appreciation group 3rd Friday, 10:30 am.	 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 937-767-5751 x 105.	 Turn over for the November calendar  <div> 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. </div>



NOVEMBER 2019

 MONDAY	TUESDAY	WEDNESDAY
<p>Turn over for December calendar.</p>  	<p>St. Paul's Church Annual Christmas Senior Luncheon This fun event with Santa in attendance, and a traditional homemade Christmas meal will be at the Church, on Saturday, December 7 at noon, (308 Phillips St., YS). Please sign up for the meal, and if you need a ride, it is preferred to request one <u>by Friday, November 29</u>, by calling the Senior Center, 767-5751.</p> 	
<p>4</p> <p>10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena</p>	<p>5 Election Day</p> <p>10:00 – Scrabble NEW, p. 4 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>6 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, p. 5</u> 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>
<p>11</p> <p>10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – The Last Truck, p. 4 6:30 – Financial Series, p. 13</p>	<p>12</p> <p>10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>13 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> 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>
<p>18</p> <p>10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena</p>	<p>19 10:00 – Scrabble 11:00 – Thanksgiving Tea with Jugglers, p. 13 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>20 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Sr Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability Class, Bryan Ctr 4:00 – History Omitted 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>
<p>25 <u>Newsletter Deadline for Jan.-Feb.</u></p> <p>10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Senior Lunch 1:00 – Beginner Mahjong 1:30 – Yoga with Reena 3:00 – Speaker Series, Next Summer's Native Garden, p. 13</p>	<p>26</p> <p>10:00 – Hearing Aid Help, last one until January, Dr. Lolan 10:00 – Scrabble 11:00 – Play Rummikub 1:00 – Qi Gong 2:00 – French class 3:30 – Adv. Beginner German 7:00 – YS Strings Rehearsal</p>	<p>27 10:00 – Needlework Group 10:30 – Rise and Shine Exercise 11:15 – Seated Volleyball Noon – Sr Lunch 2:00 – Dancing with Parkinson's 2:30 – Stability Class, Bryan Ctr 4:00 – History Omitted 5:00 – BOARD MEETING 5:15 – Adv. Beginning Spanish I 6:30 – Bridge</p>

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News from GCCOA

Celebrating Twenty Years by Listening to Our Elders

The passage of the first Senior Services Levy on November 2, 1999, 20 years ago! was cause for a celebration then and it's time to celebrate again.

The Council will be hosting an **Elder Panel on November 7**, where we will hear from four longtime Greene County residents who have lived for nine decades or more. Our panel members have led full, meaningful lives and will talk with us about a variety of things, including: noteworthy changes they have seen over the years, learning and educational experiences, what they have done to keep their brain fit, how they dealt with and grew from some of the challenges they faced, and the role family, humor, spirituality, and attitude have played in their lives. Please join us for an afternoon we will not forget.

Thursday, Nov. 7, 3 to 5:30 pm
Xenia Nazarene Church
1204 W. Second Street
(across from the Council's Office)

Reservations are requested by Nov. 1 and can be made by contacting the Council at 937-376-5486 or info@gccoa.org.

There is **no charge** to attend, but we are asking guests to bring items for area food pantries.

GCCOA Holiday Soiree!



Tues, Dec. 3, 6 - 8 pm
Wed, Dec. 4, 11 am - 6 pm
Xenia Community Center
1265 W. Second St., Xenia

Activities Program

Please note the Elder Panel to be held in celebration of the first Senior Services Levy in 1999 on **Nov. 7**, in Xenia. Please see further details in the panel to the left.

The Elder Panel summary will be available at the end of November, and a video of the program and details for how to view it will be shared on the **GCCOA Facebook page** and on **gccoa.org**. For more information call the Council, 937-376-5486. This is expected to be a fascinating program.

If you would like a ride to this event in Xenia, please call the Senior Center to sign up for a ride at least 3 days in advance, 937-767-5751.

- **Corinne Pelzl, Activities Program Manager, 937-767-5751, x 105.**



Program: Medication Interactions, Meds to Use with Caution

On **Friday, November 15**, Cedarville Univ. pharmacy degree candidate, Nicole Stute, will present a program on "Prescription Drug Interactions" at **1:00 pm in the Great Room**. Included will be information about the Ten Medications Older Adults Should Avoid or Use with Caution. If you would like a ride to this talk, please call 3 business days ahead, 767-5751.



The **Ohio Department of Aging** reminds all Ohioans that older adults may have a harder time adjusting during emergencies and extreme conditions than younger people do. This makes it especially important that older Ohioans have a plan for what to do if disaster strikes.

"Emergencies and disasters can happen quickly and without warning. Ensure the best by planning for the worst," explains Ursel J. McElroy, director of the department. "Take time this month to know what you will do if you are confined to your home or must leave it quickly."

The Department of Aging recommends that all older Ohioans have a plan that will allow them to remain in place in their home or another location for at least three days. This includes:

- ♦ **A home emergency kit** that contains, at a minimum, a battery-operated radio, a loud whistle or horn, food that can be opened easily and eaten without cooking or refrigeration, one gallon of water per person per day, extra blankets, and a first aid kit;
- ♦ **A "go-bag"** with essentials you might need if you must leave your home quickly, including food and drink, toiletries, medication, a flashlight and batteries, a phone charger, important paperwork, identification, and some cash;
- ♦ **A backup supply of medications**, and extra copies of your prescriptions from your health care providers (include a cooler and ice packs for medications that must be refrigerated); and
- ♦ **Any medical equipment or assistive devices** (such as canes, walkers, wheelchairs, lifts, and oxygen tanks) you may need, with operation instructions and spare batteries or non-powered alternatives.

Be prepared to explain to rescuers how to move you or help you move safely and quickly, such as where to find any equipment or medications you will need. Ask a reliable family member, friend, or neighbor to visit or call you in severe weather or other emergency to make sure you are okay. Agree on what they should do if they are unable to reach you or find you needing help.



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 last session, on **Monday, Nov. 11, 6:30 - 7:30 pm, in the Great Room**, topic: The Crucial Years 55-70.



Cobblestone Café, Waynesville

Cobblestone Village Café and Interiors at 10 N. Main St., Waynesville, OH, 513-897-0021, is under new management and is located among Waynesville's historic shops. This trip will be on **Thursday, Nov. 14**, departing from the Bryan Center parking lot at **11:30 am** in a rental van.

At least six people must commit to go on the day of departure for the trip to take place. Seating may be limited. If van seating is subscribed, alternates may sign up. \$5.00 toward cost of transportation is payable on the van ride. Preferred sign up is by Monday, Nov. 11, 937-767-5751.

10 Million Steps to Prevent Falls REPORT

The first day of Fall, Monday, Sept. 23, was the day for 10 Million Steps to Prevent Falls, an awareness event of the Ohio Department of Aging. Next year in September please be sure to join in this important falls prevention awareness walk on the bike path. There is an epidemic of older adult falls: one in three older adults will fall this year. An older Ohioan is injured in a fall every five minutes, on average, and two are hospitalized each hour. Three older Ohioans die each day due to fall-related injury. Older adults are 17% of the population, but have 87% of fatal falls. Many of these falls can be **prevented**. To prevent falling: stay physically active, minimize medication effects and interactions, improve home lighting, reduce obstacles and hazards, check vision and hearing annually, stay hydrated, eat a balanced diet with calcium-rich foods, and participate in a community falls prevention program such as Matter of Balance, to be offered free at the Senior Center in the New Year, or **Tai Chi for Balance**, offered free at the Senior Center **at 11:15 am on Fridays!** On Sept. 23, the Senior Center's Ten Million Steps to Prevent Falls walk **logged 27 miles walked by a total of 14 people**. Congratulations! Statewide in this 5th year of the event, 13,242 people of all ages walked 50,693 miles, or 126 million steps!

Speaker Series



Sandy McHugh, a Yellow Springs travel and garden lover will give a slide show talk on **"Islamic Influence on Gardens in Spain,"** from her recent trip to Spain.

Come to the Great Room at the Senior Center on **Monday, Dec. 30 at 3:00 pm**.

Terese DeSimio, local librarian and an **OSU Extension Master Gardener Volunteer**, now also certified by OSU Extension as a Volunteer Pollinator Specialist, will give a slide talk, **"Next Summer's Native Garden"** in the Great Room at **3:00 pm on Monday, Nov. 25**.



November Potluck Lunch & 80+ Birthday



The Third Thursday Potluck lunch is at **12:00 noon on November 21** 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 November will be celebrated with dessert and song!

Program: Health and Wellness for the Holidays and Winter Months

Come hear the latest on preventing winter blahs, presented by certified personal fitness trainer **Andrew Brody**.

The leader of strength training at the Senior Center on Fridays at 2:45, Andrew has lots of ideas and results of new research on fitness and nutrition to reduce the chances of low mood in the cloudy days of winter.

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



Thanksgiving Tea and Jugglers

All are invited to enjoy Tea and refreshments with co-host Becky Baker of Friends Care Community on **Tuesday, Nov. 19, 11:00 am** in the Great Room. **Juggle for Joy** is a team of Ohio University grads giving a whirl to the idea of living on what they love to do. They'll entertain at the tea thanks to sponsorship by Friends Care.

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



YS High School Annual Senior Citizens Holiday Luncheon and Entertainment

This is the 39th year of the high school holiday luncheon for seniors!! Door prizes and entertainment are provided by local public school student groups. It is to be held in the Yellow Springs High School gym on **Thursday, December 5, 10:30 am – 1:00 pm. R.S.V.P. by November 29** to the high school office. If voice mail answers, please leave names of those attending the event. Call the high school office at 767-7224.

If you need a ride to this high school lunch event, please call the Senior Center to request a ride by Dec. 2, by calling 767-5751 at least three days ahead.



Threshold Choir to give Demonstration at Senior Center

Since the founding in 1999 of Threshold Choir International, there has grown an international organization of groups who sing to comfort people who are ill, in hospice, or are in some other situation where singing might provide “kindness made audible.” The Threshold Singers of Yellow Springs is composed of about 17 women mainly from YS who go to the bedside or home and softly sing songs with themes of peace, love and comfort, many composed by members of the organization. **The Threshold Singers of Yellow Springs** invite you to come hear them share a simulated bedside singing to a person seated in a reclining chair, and learn about their group, consider singing in the group, be sung to, or request their offer of song for yourself or a family member, **3:00 – 5:00 pm on Sunday, December 8.** They offer simulated bedside singing to each other at their weekly gatherings, and there is nothing like experiencing this first-hand. Please come hear them and experience this local organization’s “service of song.” You do not need a musical background to join. For more information, contact Linda Chernick, lindalinzi@aol.com.



Holiday Tea Party

Enjoy some holiday delight with **Becky Baker** of Friends Care Community providing delicious tea, refreshments and a fun puzzle. Join us on **Tues., Dec. 10, 11:00 am** in the Great Room.

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



December Potluck Lunch & 80+ Birthday

The third Thursday Potluck lunch is at **12:00 noon on December 19** 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 December will be celebrated with dessert and song.

Holiday Music - Join the local **Minde-Berman family musicians**, Joseph, Eliza and Matt, for a program of holiday and other music. If you have not had the pleasure of hearing them, you are in for a real treat!! For a ride, please call 937-767-5751, by three days ahead.

Looking Ahead:

Keep On Dancin', a dance marathon fundraiser for the YS Senior Center will take place **Saturday, March 7, 2020**. More details to come!

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.



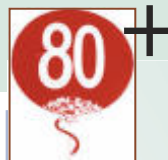
If you shop at **Amazon**, the **Senior Center can benefit.** You must create an Amazon Smile account, and then you shop as usual. You can designate YS Senior Citizens as the recipient of 0.5% of your purchase total. As easy as that!

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.





Birthday Luncheon

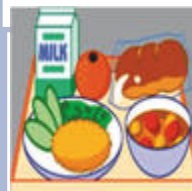
If you turn 80 or more in **November** or **December**, you are especially invited to celebrate your birthday at the **Senior Center Monthly Potluck Lunch** on the Third Thursday of the month, **Thur., November 21 or Thur., December 19.**

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, Nov. 16 & December 21, 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 are 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.

* 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:

11/01 Dan Robinow
11/02 Vernon Courtney
11/02 Linda Chernick
11/03 Christopher Cox
11/03* Marsha Ridenour
11/03* Richard Simons
11/04 Diane Diller
11/04 Pamela Gillespie Dapore
11/06 Charlene Buster
11/07 Joyce McCurdy
11/07 Linda Cox
11/07 Margaret Hackett
11/09 Jenny Daria
11/09 JoAnn Kiser
11/09* Ruth Darrow
11/09 Florence Randolph
11/11 Nancy Farnlacher
11/12* Peggy Erskine
11/13* Barbara Laming
11/14 Lynda Ream
11/14 Mary Cargan
11/17 Joan Young
11/18 Shawn McLean
11/20 William Barnette
11/21 Harriett Dadrass
11/24 Franklin Halley
11/24* Ernest Koerlin
11/24 Jane Scott
11/24* Grover Criswell
11/29 Vivian Markley



Note: Community Potluck - Thanksgiving Day

Please check the YS News for any updated information for this event.



Birthdays:

12/01 Christina Smith
12/01 Carl Champney
12/02 Jackie Delk
12/02 Julia Harris
12/03 Ron Fenton
12/04 Rebecca Ramsey Fenton
12/04* Dave Anthony
12/04* Isabel Newman
12/04 Betty Ross
12/04 Fred Bartenstein
12/05* Ann Diehl
12/05* Juanita Richardson
12/06* Edmond Vernot
12/08* Dee Krieg
12/08* Anna Bellisari
12/08 Annie Bucy
12/09* Ruth Chaney
12/10 Bruce Parker
12/11* Esther Hetzler
12/11 Dawn Clark
12/12 Sharon Mohler
12/12 George Wanicek, Jr.
12/14* Tom Osborne
12/15* James Felder
12/15* Marcella Link
12/16* Juanita Johnson
12/16 Lisa Hunt
12/17 Joe Beatty
12/19 Tia Huston
12/19 Darlene Russell
12/19 Ric Maas
12/19 Catherine Lehman
12/20 Ken Dahms
12/20 KellyAnn Tracy
12/22 Sandra Damewood
12/22* Allen Hunt
12/22 Priscilla Moore
12/23* Dolores Conrad
12/23* Joe O'Conner
12/23* Ann Higdon
12/24* Patricia Simon
12/24 Millie Goklish
12/25* Lucy Darr
12/25* Bradlee Terry
12/27 Marianne MacQueen
12/27 Kate Carrigan
12/27 Grace Lefthand-Jennings
12/28 Gayle Gyure
12/29 Elizabeth Porter
12/30* Dr. Carl Hyde
12/31 Steve Markley



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ysseniors.org

937-767-5751

Mon. - Fri. 9:30 am – 4:00 pm



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Senior Notes

November - December 2019

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CURRENT RESIDENT, OR:



....unless you have *recently* renewed or have just become a new member, *membership dues is due* for everyone **in January**.

Single **\$20.00** per year, and **\$15.00** for each additional member of a household.

Thank you sincerely for your support!

Souped-Up Fundraiser a souper fun success! Thank you to all who participated in making bowls, soups, serving, and donating! We really got our “soup on” as it brought in around \$1,750, including a generous \$1,000 anonymous donation! **Thanks to JB Community Pottery & YS Community Foundation.**



Just 7 of the 14 choices in the soup smorgasbord, with breads donated by Blue Oven Bakery! **Thank you B.O.B.!**

