

Senior Notes



SEPTEMBER
OCTOBER 2020

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



Happy Labor Day!

The Senior Center will be **closed Monday, September 7.**

Director's Corner - September is Senior Center month. The theme of the month is **Senior Centers: Delivering Vital Connections**. What a great theme for Senior Centers during this challenging time. Each day it is with extreme pride that I believe this theme is truly embodied by the people of this Senior Center.

The National Institute of Senior Centers uses 4 key words to celebrate Senior Centers during this month: **Mind, Body, Spirit, and Community**. What is your Senior Center doing to embrace those 4 words in September and beyond? **Mind**...look at the offerings in this newsletter that will expand your mind. You could be active in Joyce McCurdy's *History and Constitution* class on Zoom on Wednesdays. **Body**...*strength training* with Andrew Brody on Fridays, or *Yoga* on Mon. & Thurs. with Reena, or Lynn Hardman's *chair interval training* on Tues. & Thurs., and *line dancing* on Monday. **Spirit**...Dr. Seuss said "Be who you are, and say how you feel, because those who mind don't matter, and those who matter don't mind." Join in on the fun as Mayor Pam proclaims September as Senior Center month at our Thursday Lunch & Meet on Zoom, Sept. 24; we will have surprises on that day too. **Community**...the Thursday Lunch & Meet in Sept. and Oct. are all about Community. We will hear from someone each week from our community.

In August, the Senior Center kicked-off its **Annual Appeal Campaign**. Please give generously to your Senior Center. This year has been very challenging, but we have risen to that challenge. 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. Carefully read this issue of Senior Notes, and engage with us on Zoom. I used to end these messages with "see you around the Center," for now I will say "see you on Zoom." I hope we will soon see each other in person.

Today --- Where are We? As I write, the doors to the Senior Center are still closed and there is an eerie silence in the building. The staff and I continue to miss all of you terribly. However, those closed doors do not mean we are closed to activities for older adults...they are just happening in different ways. When will we reopen? I wish I knew. We must take our direction from Governor DeWine...only he can reopen the Senior Center.

So, what happens if you need to see someone at the Senior Center? You can make an appointment. When you arrive for your appointment, you will have a temperature check and be asked a series of health-related questions. **You must wear a mask.** Appointments are held in the Fireplace Room at a long table that maintains physical distance between you and the staff member...offices are just too small. Note: Staff members who come to the building each day also have temperature checks and are asked a series of health-related questions...we also wear masks when not in our offices. We take seriously our obligation to protect those we serve and those we see each day.

When we can open for activities there will be a limit to the number of people we can have in the Great Room and there will be a limit to what we can do in the Great Room. Also, pre-registration will be required. Masks will be required, temperature taken and health-related questions will be asked when you enter. There will be only one door open for entry. We will limit the number of activities in the building per day, so that sanitization of the area can be done before the next group. These are some of the guidelines we already have from the Ohio Department of Aging. There will likely be more. As we get further information, we will announce it through our communication channels. If you want as current news as you can get, make certain you are getting our emails. If you have not been getting those, give us your email address, and we will place you on the list. Also, real time information will be delivered through our **One Call phone message system**. I encourage you to listen to those. The next best "real time" information is going to be through the weekly Yellow Springs News. Lastly, new info will be in the next newsletter, which will be distributed at the end of October.

- Karen Wolford, Executive Director



**Welcome
NEW
Members!**

**Heartfelt thanks to all for
your generous support
through membership!**

John Moskeland
Lillian Moskeland

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

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

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when the new issue is available.
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available. Just click the issue you
want to see.

**Great Novels
& Poetry Class**

**Tuesdays at
3:30 pm** begin-
ning **Sept.22**. The first three
novels to be considered are, in
order: North and South by
Elizabeth Gaskell (wrote in
Dickens' time, about women's
striving and important social
questions), Suite Française by
Irene Nemirovsky (World
War II, she died at Ausch-
witz), and, My Brilliant
Friend by Elena Ferrante
(contemporary Italian), which
is the first volume of the
Neapolitan Quartet.

- **Jo Ann Kiser, Instructor**
Zoom login: [https://
us02web.zoom.us/
j/88594326465](https://us02web.zoom.us/j/88594326465)



ONLINE CLASSES - ALSO PLEASE CHECK THE CALENDAR

Yoga with Reena, Mondays at 1:30: [https://us02web.zoom.us/
j/83695565107](https://us02web.zoom.us/j/83695565107)

French with Lynda, Tuesdays at 2:00: <https://us02web.zoom.us/j/83412339668>

Dancing w/Parkinson's with Jill, Wed. at 2:00: <https://us02web.zoom.us/j/88037524936>

History/Constitution with Joyce, Wed. at 4:00: <https://us02web.zoom.us/j/87588588110>

Yoga with Reena, Thursdays at 1:30: <https://us02web.zoom.us/j/81511835246>

Strength Training with Andrew, Fridays at 12:45: <https://us02web.zoom.us/j/89130965196>

Lunch & Meet Thursdays at Noon, starting 9/10: <https://us02web.zoom.us/j/83707479576>

¡Hola Amigos!

Beginner Spanish Class Coming Online!

Judy Skillings will start teaching **Beginner Spanish** on
Monday, Sept. 14 at 4:00 pm. This class is for beginners
only. She will be instructing from the book entitled: Easy Spanish Step-By-Step by
Barbara Bregstein. The class will be held for 12 consecutive Mondays...until Monday,
November 30. Zoom login is: <https://us02web.zoom.us/j/81850484641>



"We must accept finite disappointment but never lose
infinite hope." – Dr. Martin Luther King Jr.

It goes without saying that with our doors closed we are
disappointed about not seeing each other in person, eating
together, embracing one another and just being in the

presence of friends and loved ones.

But we remain hopeful that beyond our current circumstance of Covid-19,
masks, shields, gloves, and especially isolation; there is hope a dawn will emerge
and a new day is on the way.

Medicare Open Enrollment - October 15 - December 7.

In partnership with GCCOA, I will be sending forms out in September to all who
have had previous insurance counseling assistance at the Senior Center with
Medicare Advantage Plans, Rx Plans and Medigap/Supplement Plans. This will
expedite the Open Enrollment process.

To schedule an appointment with me, please call me at **937-767-5751 x 107**.
Please leave a voicemail if I do not answer, and I will call you back by the next
business day.

- **Teresa Bondurant, Homemaker Program & Senior Support Services Manager**
937-767-5751 x 107, tbondurant@ysseniors.org

Grocery Delivery Program

The Senior Center continues to shop for anyone in 45387 zip code and deliver
groceries from Tom's Market. Deliveries are made on **Wed., Fri. & Sat**. Orders are
due to the Senior Center by **noon** the day before a delivery day. Orders are accepted
via email to info@ysseniors.org or by calling the Center 937-767-5751, Monday -
Thursday 10 - Noon & 1 - 3; or Friday 10 - Noon.

Credit card/Debit Card/EBT card are accepted, and a representative of the Senior
Center will call the day before delivery to gather card information from you.

This a **free** service of the Yellow Springs Senior Center. Donations accepted.

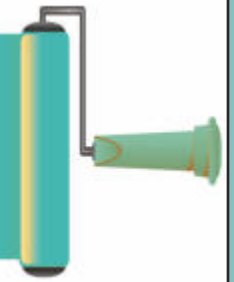


3 New movement classes offered by **Lynn Hardman** are now
conveniently available from your computer or TV, days and times listed
below. They will broadcast live on YouTube.com Community Access
Yellow Springs channel & Spectrum TV channel 5. Please note there are
19 weeks of prior classes on the YouTube channel for you to choose
from. Here's a link if needed: [https://
www.youtube.com/c/CommunityAccessYellowSprings/featured](https://www.youtube.com/c/CommunityAccessYellowSprings/featured)

Chair Interval Training, T/Th, 11 - 12 pm, beginning Sept. 8
Line Dancing, Mondays, 4 - 5 pm, beginning Sept. 14



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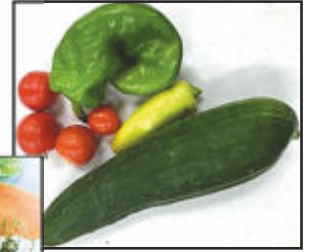
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14-1448



Thank You!! Bob Huston and Agraria for so much (YUM) produce for the elder community!
 Volunteer Driver Karina Tafolla for the (DELISH) hot freshly baked cinnamon rolls! Peggy Hestor for fragrant fresh herbs and crisp lettuces! A small sampling of actual photos below.

2020 September



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	Zhucka wondering, "where is my mask and my ride?"	1 2:00 – French class	2 2:00 – Dancing with Parkinson's 4:00 – History/Constitution	3 11:00 – Chair Interval Training 1:30 – Yoga 2:00 – Euchre	4 2:45 – Strength Training with Andrew	5
6	7 HAPPY LABOR DAY Closed	8 11:00 – Chair Interval Training 2:00 – French class	9 2:00 – Dancing with Parkinson's 4:00 – History/Constitution	10 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	11 2:45 – Strength Training with Andrew	12
13	14 1:30 – Yoga 4:00 – Beg. Spanish 4:00 – Line Dance 6:30 – Finance Series, p. 2	15 11:00 – Chair Interval Training 2:00 – French class	16 2:00 – Dancing with Parkinson's 4:00 – History/Constitution	17 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	18 2:45 – Strength Training with Andrew	19
20 12:30 pm Grandmother Council - ZOOM https://us02web.zoom.us/j/81169898058	21 1:30 – Yoga 4:00 – Beg. Spanish 4:00 – Line Dance	22 11:00 – Chair Interval Training 2:00 – French 3:30 – Great Novels/Poetry class	23 2:00 – Dancing with Parkinson's 4:00 – History/Constitution 5:00 – Board mtg	24 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	25 2:45 – Strength Training with Andrew	26
27	28 1:30 – Yoga 4:00 – Beg. Spanish 4:00 – Line Dance	29 11:00 – Chair Interval Training 2:00 – French Class 3:30 – Great Novels/Poetry class	30 2:00 – Dancing with Parkinson's 4:00 – History/Constitution			



Amani & her mom Teresa deliver donated meals.



Corinne



Robert



Corinne & Teresa with Noki Ackerman, the "calm quality" patrol mgr.

BLACK
WHITE
YELLOW
RED
HUMAN

“Racism is litigated over and over again when another video depicting another atrocity comes to light. Black people share the truth of their lives, and white people treat those truths as intellectual exercises.”

- Roxane Gay, American writer, professor, editor, social commentator, and a contributing opinion writer

for The New York Times, also on the NYT best-selling list. She is the author of *Ayiti*, a story collection about Haiti, its people and the Haitian diaspora, among 16 other books.



October 2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Check out the GCCOA web page: https://www.gccoa.org/	For info on Corona virus scams, a new YouTube video on Slips, Trips, & Falls, free masks,	an easy noodle casserole recipe, and so much more! Call the GCCOA: 937-376-5486		1 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	2 2:45 – Strength Training with Andrew	3
4	5 1:30 – Yoga 4:00 – Beg. Spanish 4:00 – Line Dance	6 11:00 – Chair Interval Training 2:00 – French Class 3:30 – Great Novels/Poetry class	7 2:00 – Dancing with Parkinson's 4:00 – History/Constitution	8 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	9 2:45 – Strength Training with Andrew	10 No Bake Sale or Street Fair this year.
11	12 1:30 – Yoga 4:00 – Beg. Spanish 4:00 – Line Dance 6:30 – Finance Series, p. 2	13 11:00 – Chair Interval Training 2:00 – French Class 3:30 – Great Novels/Poetry class	14 2:00 – Dancing with Parkinson's 4:00 – History/Constitution	15 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	16 2:45 – Strength Training with Andrew	17
18 12:30 pm Grandmother Council - ZOOM https://us02web.zoom.us/j/81169898058	19 1:30 – Yoga 4:00 – Beg. Spanish 4:00 – Line Dance	20 11:00 – Chair Interval Training 2:00 – French Class 3:30 – Great Novels/Poetry class	21 2:00 – Dancing with Parkinson's 4:00 – History/Constitution	22 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	23 2:45 – Strength Training with Andrew	24
25	26 1:30 – Yoga 4:00 – Beg. Spanish 4:00 – Line Dance	27 11:00 – Chair Interval Training 2:00 – French Class 3:30 – Great Novels/Poetry class	28 2:00 – Dancing w/Parkinson's 4:00 – History/Constitution 5:00 – Board mtg.	29 11:00 – Chair Interval Training Noon - Lunch & Meet 1:30 – Yoga 2:00 – Euchre	30 2:45 – Strength Training with Andrew	31



Lin



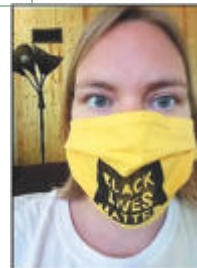
Teresa



Robert



Yellow Springs



Jeanna



Karen

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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 Saul Greenberg
 09/08 Denise Runyon
 09/08 Joy Bartenstein
 09/09 Barbara Bullock
 09/10 Julane Chaney
 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
 09/19 Joseph Hamlin
 09/22 Harvey Paige
 09/22* Alyce Earl-Jenkins
 09/22* Marianne Whelchel
 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 David Casenhiser
 09/26 Monty Cox
 09/26 Parviz Dadras
 09/26 Danny Kiser
 09/27 Patricia Fleck
 09/29* Andrée Bognár



Birthdays:

10/01 Bob Huston
 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
 10/08 Eliza Bush
 10/08 Sandy McHugh
 10/09* Joan Ackerman
 10/09* Thelma Ross
 10/13 Lee Huntington
 10/17* Dimi Reber
 10/18 El'Girtha Ryder
 10/20 Andrzej Bloch
 10/20* James Corbin
 10/21* Jim Rose
 10/22* Fran LaSalle
 10/23* Sheila Filler
 10/26 Terry Hardie
 10/26 Laurie Martt
 10/26 Pat Siemer
 10/29 Carolyn Bradford
 10/29 Sherraid Scott
 10/29 Peter Price
 10/30* Sue Johnson
 10/31 Sabrina Jewett
 10/31 Bob Zearfoss
 10/31 Cokie Stello

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

The YSSC Euchre Group is meeting and playing on-line regularly.

If there are other members who wish to join in, they should contact me for details and for an invite to our user group on **facebook: "YSSC Euchre."**

- ◇ Brad Terry, Coordinator,
- ◇ 707-321-2341 (voice or text)

bradxt78@gmail.com

Transportation Program Notes

"Whatever it is you are struggling to remember...It has floated away down a dark mythological river whose name begins with an L as far as you can recall..." - Billy Collins, *Forgetfulness*

It is widely accepted as fact that we "never forget how to ride a bicycle." We might then assume we can apply this maxim to our aptitude for driving. But, should we? Though we have all learned – and applied – good driving habits, *e.g.*, adjusting our mirrors, look both ways before entering a four-way stop intersection, using turn signals when shifting lanes on the highway and countless others. Do our personal safety precautions qualify us to believe our driving skills are above questioning?

The pandemic 'drives' this question home to me. In addition to an expected diminishment of superior driving skills over time, the simple truth is that we are all *driving less* these days. As a consequence, we are not getting our usual, daily workout time behind the wheel. Like it or not, driving less dulls our driving skills.

So, what do we do? We can become more *mindfully* present in our cars. Take a couple of breaths to focus our minds before leaving our driveway. Become your *driving self*, leaving other anxieties and worries at home where you can properly address them upon your return.

Be well (for you).

Stay well (for others). - Robert

- Robert Libecap, Transportation Program Manager, 937-767-5751 x 104, rlibecap@yssseniors.org



Financial Series in September & October

Ryan Beach, Financial Advisor with Edward Jones in Xenia, presents the next topics on the **2nd Monday of each month at 6:30 pm, Sept. 14 and Oct. 12.**

These presentations are held on Zoom.

Sept.: Papers, Papers, & More Papers.

What do I do with all the investment statements and materials I get? Keep, Shred, Don't Open? And, what do I need to have at the ready at tax time? Ryan will give tips on how to keep our materials safe.

Oct.: Health Care & Your Retirement.

What happens if I am 65 years old with Medicare? What should I be aware of during Open Enrollment? Ryan will lead a discussion on things to keep in mind through Medicare Open Enrollment.

Zoom login: <https://us02web.zoom.us/j/89820298791>

*** 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.





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Senior Notes

September - October 2020

All classes & events are via **zoom** or other online resource at time of publication.

CURRENT RESIDENT, OR:



Menu at the Lapp's: seared salmon with basil, green beans with feta and walnuts, black rice, fruit salad with Sambuca, peach blueberry Greek yogurt cake, and wine. - Ruth

2020 Garden Dinner Party with a *Twist*

Thank you to all who donated to this annual fundraiser, and for the submitted photos!

Tia Huston preparing the table in their exquisite garden - photo by Bob.



Our Garden Party was held at sculptor Jon Hudson's studio! In attendance were: Jon, Deb Henderson, Bette Kelley, Wayne Gulden, Kristen Andreae & Roger Beal. Food catered by Flyby BBQ. Dessert made by our own pie lady, Madeleine.

We had a delightful time!!
- Kristen

