

February 2021

# Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center



*The volunteer services and financial contributions are vital to the operation of the Senior Center*  
227 Xenia Avenue, Yellow Springs, OH 45387 • 937-767-5751 • [ysseniors.org](http://ysseniors.org)

## Director's Corner

Happy New Year! Many of you have been asking when we will reopen to in-person activities. I wish I had a definitive answer. Decisions about reopening are dependent on several factors including infection trends, community spread trends, and at what level Greene County is in the state's public health advisory system. And we will also monitor the distribution of the vaccine to our area. When we do reopen to in-person activities it will be in a responsible, slow, safe way.

There are many resources to stay informed about the distribution of the coronavirus vaccines, including news channels, newspapers, and most importantly your primary care physician. We are in continuous contact with state and local partners and will provide updates on the vaccine as we receive them.

I urge you to keep doing what you are doing. Wear a mask, keep a physical distance, avoid crowds, wash your hands frequently, and when you can get a vaccine, please do so.

Wishing you a happy and healthy 2021.

– Karen Wolford, Executive Director  
937-767-5751 x 101, [kwolford@ysseniors.org](mailto:kwolford@ysseniors.org)

## Annual YS High School Senior Citizens Holiday Luncheon

This year was the 40th year for the YS High School Annual Senior Citizens Holiday Luncheon and like most everything else in 2020, it looked a little different. Since we were unable to meet in person, the school had lunches delivered to the homes of the seniors who signed up to participate.

Yellow Springs School Superintendent Terri Holden stated, "Yellow Springs Schools were

delighted to continue the tradition of hosting the Annual Senior Citizens Day Luncheon, albeit in a virtual format. A big thank you goes to our community partners The Nutrition Group and the Yellow Springs Community Foundation for their assistance with this luncheon. It was our pleasure to hand deliver food and gifts to over 100 seniors in the Village as we work to keep everyone safe!"

## Covid-19 Procedures

We offer a big Thank You to the front desk volunteers who have returned to the building to help us help you.

The front desk volunteers, volunteer drivers, homemakers, and staff are all on a Covid-19 testing schedule every other week. **Telephones are answered Monday–Thursday 9:30 am–4 pm, and Friday 9:30 am–1 pm.**

Because Greene County is still at Level 3 (red) in the Ohio Public Health Advisory System, the Senior Center is **not open for in-person activities**. Appointments and transportation requests will still be met, and the telephone will still be answered.

If there were to be a volunteer or staff member who tested positive for Covid during the biweekly test or has symptoms of coronavirus, the Senior Center will close until such time that a negative test result is received.

# ONLINE CLASSES

## Exercise, Movement, & Yoga

**Yoga with Reena, Mon. & Thurs. at 1:30**

Beginner's yoga on the floor or seated.

<https://us02web.zoom.us/j/83695565107>

**Line Dancing, Mon. at 4 pm**

Join Lynn Hardman for this fun class.

On the Senior Center's Facebook page:

<https://www.facebook.com/ysseniorcenter>

**Chair Interval Training, Tues. & Thurs. at 11 am**

Lynn Hardman instructs this class which is good for people with limited mobility.

[www.youtube.com/c/CommunityAccess](http://www.youtube.com/c/CommunityAccess)

[YellowSprings/featured](#) (click on the word Videos)

**Dancing with Parkinson's, Wed. at 2 pm**

For people with Parkinson's and their spouses or caregivers. This movement class is simple, free-form choreography performed to music, to get the body moving in a way that feels good, is enjoyable and socially engaging. The participant works at his/her 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.

<https://us02web.zoom.us/j/88037524936>

**Strength Training with Andrew, Fri. at 2:45 pm**

<https://us02web.zoom.us/j/89130965196>

## Learn a Language

**Advanced Beginner Spanish, Mon. at 4 pm**

¡Hola Amigos! Judy Skillings is teaching Beginner Spanish using the book "Easy Spanish Step-By-Step" by Barbara Bregstein. *Comprende Ud.?*

<https://us02web.zoom.us/j/81850484641>

**Virtual Spanish Coffee Hour, Wed. at 11 am**

Participants will meet on Zoom and be matched with someone for a 15 minute conversation. The chat rooms will then close and everyone will be reassigned to another chat. Skill level of partners will be matched.

<https://us02web.zoom.us/j/81850484641>

**French Class, Tues. at 2 pm**

Taught by Lynda for those with basic French language skills. *Nous serions ravis de vous rencontrer!*

<https://us02web.zoom.us/j/83412339668>

## Card & Strategy Games

**Euchre, Tues. at 1:30 pm & Thurs. at 7 pm**

A fun, quick playing, competitive game that can be learned easily, though mastering it might take a few years. To play on-line we use an app called "Euchre 3D" which is available for PC, Mac, and mobile devices. Those who wish to join should contact Brad Terry at bradxt78@gmail or 707-321-2341.

## Other Social Activities

**Lunch & Meet Thursdays, Thurs. at noon**

Join us every Thursday at noon for this virtual Zoom event which features guest speakers and/or performers while you eat your lunch at home.

Registration is required, please call the Senior Center at 937-767-5751 or send an email

to: [info@ysseniors.org](mailto:info@ysseniors.org).

<https://us02web.zoom.us/j/83707479576>

**Great Novels & Poetry, Alternate Tues. at 3:30 pm**  
(see the Calendar for dates)

Jo Ann Kiser, Ph.D. from the Univ. of Chicago, with a focus on international literature, leads this class. Join Jo Ann to learn about and discuss fascinating books, poetry, and authors.

<https://us02web.zoom.us/j/88594326465>

**Government, Wed. at 4 pm**

Retired history teacher, Joyce McCurdy leads this on-line Zoom group which combines both the "History Omitted" and "Constitution Rights" discussion groups. Understand and discuss the Constitution and other subjects along with history which doesn't get into school history books.

<https://us02web.zoom.us/j/87588588110>

**Covid Isolation Group, Fourth Tuesday at 11 am**

Henry Myers is the host of this group meeting to discuss issues related to isolation because of the Covid pandemic and to provide support to those feeling alone.

<https://us02web.zoom.us/j/82999575622>

**Links to on-line classes are on the calendar on our website: [www.ysseniors.org/calendar](http://www.ysseniors.org/calendar) (select the activity, link is in the pop up box)**

## Waiting for the Reveal

2021 in America has been ushered in like steam on a mirror. Not fully clear, yet familiar. What lies behind the steam? How do we heal from the pandemic and political division? We cannot be sure, and it may take a while to reveal itself fully.

One thing for certain, our little haven called Yellow Springs, and all of its wonderful citizens: some bold, some quiet, some sad and most strong; continue to stand, working together helping each other be who we are!

It is our effort at the Senior Center to be of help to Senior Villagers; please call for assistance with homemaking, Medicare, medical equipment, and more.

–Teresa Bondurant, Support Services Manager  
937-767-5751 x107, [tbondurant@ysseniors.org](mailto:tbondurant@ysseniors.org)

## Transportation Notes

*Everything's happening on the cusp of tragedy, the tip of comedy, the pivot of event.*

– Mark Jarman, *INTERESTING TIMES*

Many of us hoped that 2021 would bring a sense of calm – free of stress and agitation. Now, many of us, with a slap to the forehead, wonder “what were we thinking?!”

It is vital that we be in touch with what and how we are processing current events. According to medical experts, when stress hormones flood the body, the heart races, muscles tense and breathing quickens in anticipation of an emergency. A steady diet of stress hormones can put your physical and mental health in serious risk.

Be mindful of your stress level – when you're alone or with others, when you're walking or driving. Nicol Natale at *Prevention* reminds us to look for happiness in a morning's cup of coffee, a friend's witty comment, the sun peeking through the overcast of January skies. We might even discover a deeper sense of pleasure in the crush of events if only we take a deep, cleansing breath, close our eyes for a moment and picture your definition of joy.

p.s. Not recommended while driving.

– Robert Libecap, Transportation Manager  
937-767-5751 x104, [rlibecap@ysseniors.org](mailto:rlibecap@ysseniors.org)



## Grocery Delivery

The Senior Center continues to shop for anyone in the 45387 zip code and deliver groceries from Tom's Market. Deliveries are made on **Wednesdays, Fridays, and Saturdays**. Orders are due to the Senior Center by noon the day before a delivery day. Orders are accepted one of three ways:

- e-mail to [info@ysseniors.org](mailto:info@ysseniors.org)
- by filling the form on our website ([www.ysseniors.org/grocery-delivery-program](http://www.ysseniors.org/grocery-delivery-program))
- calling **937-767-5751** Mon.–Thu. 9:30 am–4 pm or Friday 9:30 am–1 pm

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

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

## Inclement Weather

The Executive Director will determine when to close the Senior Center due to inclement weather.

The Transportation Manager and Executive Director will make the decision on whether transportation rides are cancelled. If you have a ride scheduled, you will be contacted if your ride has been cancelled.

Zoom classes may or may not be affected; that is up to the instructor.

A recorded message will be on the **937-767-5751** voicemail system of the Senior Center; an announcement will be on the website: [ysseniors.org](http://ysseniors.org); folks will receive a One Call Message; and WYSO radio will announce the closure.

# FEBRUARY 2021

**MONDAY**      **TUESDAY**      **WEDNESDAY**      **THURSDAY**      **FRIDAY**      **SAT / SUN**

<b>1</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	<b>2</b> 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	<b>3</b> 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government	<b>4</b> 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 7:00 — Euchre	<b>5 6</b> 2:45 — Strength Training with Andrew _____ <b>7</b>
<b>8</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	<b>9</b> 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class	<b>10</b> 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government	<b>11</b> 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 7:00 — Euchre	<b>12 13</b> 2:45 — Strength Training with Andrew _____ <b>14</b> 12:30 — Grandmother Council
<b>15</b> <b>CLOSED</b> <b>in honor of</b> <b>Presidents Day</b>	<b>16</b> 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	<b>17</b> 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government	<b>18</b> 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 7:00 — Euchre	<b>19 20</b> 2:45 — Strength Training with Andrew _____ <b>21</b>
<b>22</b> 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	<b>23</b> 11:00 — Chair Interval 11:00 — Covid Isolation Group 1:30 — Euchre 2:00 — French Class	<b>24</b> 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 4:00 — Government	<b>25</b> 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 7:00 — Euchre	<b>26 27</b> 2:45 — Strength Training with Andrew _____ <b>28</b>

Zoom links for all virtual events can be found on the calendar on our website at [www.ysseniors.org/calendar](http://www.ysseniors.org/calendar) (select the activity, link is in the pop up box)



## 8th Edition of Ripples Deadline for 2021

Ripples is an annual literary magazine featuring poems and articles by or about seniors in our community. Please submit your stories, poems and photos featuring residents of YS and Miami Township, age 55 and over.

Please send your typed, ready to print submissions to:

Suzanne Patterson  
PO Box 167  
Yellow Springs, OH 45387

The deadline is April 15, 2021. If you have questions or need the guidelines, please email [spatterson@yellowsprings.com](mailto:spatterson@yellowsprings.com).

## Welcome NEW Members!

Amy Bennett  
Connie Richeson

## Membership Dues

\$20 annual memberships,  
\$15 for each additional household member.

Make checks payable to **Yellow Springs Senior Center or YSCC** and mailed to:  
YSCC, 227 Xenia Ave.  
Yellow Springs, OH, 45387

If you paid your membership dues for 2020, your dues automatically renewed at no cost to you for 2021. If you are inclined to still pay dues for 2021, we will accept, and thank you!

*We do not sell or share your personal information nor do we keep credit card information or numbers on file.*

## February Birthdays

2/1	Donna Caslin
2/2*	Diane Hayman
2/2*	Marianne Kink
2/2	Celia Diamond
2/3*	Helen Eier
2/3	Lois Gladchild
2/3	Diana Partee
2/3	Sue Pfeiffer
2/5	Margaret Kane
2/7	Mary Jane Kalkis
2/7	Kathy Robertson
2/7	Margie Wehner
2/8*	Phyllis Evans
2/9*	Sylvia Smith
2/10	Patti Dallas
2/12*	Nora R. Barth
2/12	Irena Brawley
2/13	A.C. Viena
2/14	Cheryl Smith
2/16	Jeff Huntington
2/16*	Marguerite Heston
2/16*	Peter Whitson
2/16	Susan Murphy
2/16	Charlene Prestopino
2/17*	Janeal Ravndal
2/17	Maria-Valentine Wright
2/18	Bill Randolph
2/19*	Margaret Doss
2/21*	Margrit Tydings-Petrie
2/22*	Dinah Anderson
2/22	Mark Partee
2/23*	Wilford Simon
2/24	Peggy Saber
2/25	Marna Street
2/26	David Robinow
2/26	Scott Kellogg
2/29	Claire Burbank

**\*Indicates those known to be 80 or older.**

*We apologize to anyone who may have been left off the Birthday List by mistake. We include current members who have shared their birth date.*



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

### Board of Trustees

**Macy Reynolds**, President  
**Ken Dahms**, Vice-President  
**Greg Felder**, Treasurer  
**Anna Bellisari**, Secretary  
**Susan Alberter**, **Diane Chiddister**,  
**Cathy Hill**, **Ken Huber**, **Ruth Lapp**

### Staff – 937-767-5751

#### Executive Director,

Karen Wolford, x101

#### Support Services Manager,

Teresa Bondurant, x107

#### Transportation Manager

Robert Libecap, x104

#### Programs Assistant

Corinne Pelzl, x105

#### Bookkeeper

Jeanna Gunderkline, x102

#### Operations Assistant

Lin Wood, x103

#### Marketing Manager

Pam Geisel, x106

#### Facility Caretaker

Shahkar Strolger

**Homemakers:** Vicci Ayers, Susan Harrison, Jennifer Johnson, Melissa Kuhns, and Heather Neill

### Newsletter Deadline

Copy deadline is **Feb. 5 for Mar/Apr**. When submitting items please stay under 350 words and include your name and phone number. Place it in the mailbox for Pam Geisel in the front hall area or email it to Pam at [pgeisel@ysseniors.org](mailto:pgeisel@ysseniors.org)

### Newsletter Production & Volunteers

**Feb.:** Lin Wood, Anna Hogarty, Susan Bothwell, Arati Cacciolfi, Simone Demarzi, and Misty Monee

**This issue and past issues of Senior Notes are on our website under the Other tab:**  
[www.ysseniors.org/enewsletter](http://www.ysseniors.org/enewsletter)



227 Xenia Avenue  
Yellow Springs OH  
45387

937-767-5751

[www.ysseniors.org](http://www.ysseniors.org)

Nonprofit  
Organization  
US Postage  
PAID  
Permit No. 281  
Xenia, OH 45385

## Senior Notes

### February 2021

#### What's Inside:

Director's Corner	1
Covid Procedure Update	1
Online Classes	2
Grocery Delivery Program	3
Calendar	4
Birthdays	5

CURRENT RESIDENT OR:

## Senior Center Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

## Senior Center Hours

Mon.–Thurs. 9:30 am–4:00 pm

Fri. 9:30 am–1:00 pm

**Closed:** New Year's Day,  
Martin Luther King Jr. Day,  
Presidents Day, Memorial Day,  
Independence Day, Labor Day,  
Thanksgiving Day, Day after  
Thanksgiving, & Christmas Day

## Giving Tuesday Update



A big thanks to the Yellow Springs Community Foundation, to our Giving Tuesday Donors, and to other donors! Our goal for a memorial plaque honoring Rev. Dr. Wesley Matthews has been fully funded. In addition to his many contributions in the Yellow Springs community, Dr. Matthews also founded and directed the Greene County Commission on Aging, a precursor to the Greene County Council on Aging. The plaque will be installed on the front of the Senior Center building in the Spring of this year.

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