

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

Director's Corner

Dear Friends,

Many have heard that I am retiring at the end of May. Friday, May 28, 2021, will be my last day. I want to take my last writing of the director's corner to thank you all for your support.

When I first came to Yellow Springs Senior Center in July, 2013, I was warmly welcomed. I quickly came to learn that our members have a passion for the Senior Center.

I have so enjoyed my almost 8 years as your director. Those years have been very rewarding and, at times, challenging. Each day brought a new adventure, and I relished those new adventures.

But now is the time to focus on me. Many of you know that I have an 88-year-old mother whom I want to enjoy and care for. I have books to read and movies to watch. I still have the travelling itch and cannot wait to explore, while I still can.

I wish you many blessings, good health, and above all, joy. Until we meet again.

– Karen Wolford, Executive Director
937-767-5751 x 101, kwolford@ysseniors.org

Reopening the Senior Center

The Yellow Springs Senior Center reopened the building on April 12 with the following guidelines:

- Physically distancing is mandatory, with no more people than the maximum occupancy the Fire Department determined
- Participants must wear facial coverings while in the building
- All participants must register to come to a class/activity/appointment
- All persons entering the building need to be screened, their temperature will be taken and

they must sign in when they arrive and sign out when they leave

- The front side door will be unlocked during open hours Monday-Thursday from 9:30 am-4 pm and Friday from 9:30 am-1 pm.

As of the printing of this newsletter, most of the classes and activities are still meeting on Zoom, but as the state loosens restrictions, it is anticipated that groups will begin to meet in the building again.

Updates on reopening will be posted on the website, the Facebook page, and sent in the weekly e-mail message.

Rev. Dr. Wesley Matthews

The plaque for Rev. Dr. Wesley Matthews is coming along and will be installed on the front of the Senior Center building.

Dr. Matthews founded and directed the Yellow Springs Senior Center. He also directed the Greene County Commission on Aging, a precursor to the Greene County Council on Aging.

The plaque will be unveiled on Juneteenth, June 19, 2021, in a special Zoom event. After that event the program will be able to be viewed on our website.

Annual Meeting!

Thursday, June 24 at 5 pm

The annual meeting of the Yellow Springs Senior Center will be on Thursday, June 24 at 5:00 pm on Zoom. A special mailing will arrive in your mailbox in late May.

CLASSES & GROUPS

See below for Zoom and other link instructions

Exercise, Movement, & Yoga

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

Beginner's yoga on the floor or seated. *On Zoom.*

Line Dancing, Mon. at 4 pm

Join Lynn Hardman for this fun class. *On Zoom.*

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/CommunityAccessYellowSprings/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 own level of comfort and their ability. This class has been shown to have positive effects on gait speed, strength, balance, and quality of life.

On Zoom.

Zumba, Wed. at 5 pm

Lynn Hardman leads this low impact, moderate intensity cardio dance party using music from all over the world! Suitable for all abilities and ages.

On Zoom.

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

On Zoom.

Learn a Language

Advanced Beginner Spanish, Mon. at 4 pm

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

On Zoom.

Virtual Spanish Coffee Hour, Wed. at 11 am

Participants will be matched for 15 minute conversations then reassigned to another chat. Skill level of partners will be matched. *On Zoom.*

French Class, Tues. at 2 pm

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

Spanish with Josefina for Advanced Beginners, Thurs. at 4 pm

Taught by Josefina Sosa from Cuernavaca, Mexico, students should be familiar with the present tense and have a basic vocabulary. Suggested donations of \$100 for 10 sessions for those able to pay. *This class has a limited enrollment and may be full. Contact JudithSkillings@yahoo.com for more info. On Zoom.*

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 years. We use an app called "Euchre 3D" which is available for PC, Mac, and mobile devices. 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 Zoom event featuring guest speakers and/or performers while you eat your lunch at home. Registration is required, call the Senior Center at 937-767-5751 or send an email to: info@ysseniors.org. *On Zoom.*

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 group discussing books, poetry, and authors. *On Zoom.*

Financial Series, Second Mon. at 6:30 pm

Ryan Beach, Financial Advisor with Edward Jones in Xenia will present finance related information. This class meets once a month, in person in the Great Room. *April through November.*

Zoom and other links to on-line classes and groups are on the Calendar on our website: www.ysseniors.org/calendar — Click on the activity; click on the link in the pop-up box.

SeniorPalooza — Going the Distance

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May 2021 is Older Americans Month and the Greene County Council on Aging is celebrating all Greene County older adults at SeniorPalooza. The theme is *Going the Distance*. For the last year, everyone has been very aware of distance: “social distancing” entered our vocabulary. The distance to loved ones felt very far. Being unable to hug friends and family has been almost unbearable. *Going the Distance* means literal distances: how far, how high, how long. It can also mean going the distance to help another.

For two weeks starting Monday, May 10, GCCOA will have a variety of videos, challenges, activities, trivia, and other events to participate in at home, out in the community, and even a couple “in-person” events.

- The *Go the Distance Drive-By* held in the Xenia Community Center parking lot at 1265 W 2nd St, Xenia on May 10 from 1-3pm to pick up your *Travel Bag* with the Itinerary and more.
- Listen for the Song of the Day on WBZI at 8:05 am starting May 10 and watch the other videos that will be posted on the GCCOA Facebook Page and YouTube channel most days.
- Registration is required for *Senior Field Day*, held in the field behind the Xenia Community Center on May 20 from 1-3:30 pm. To register call 937-376-5486.

More and updated information can be found at www.gccoa.org, or contact them at info@gccoa.org or 937-376-5486.

Craft for a Cause

In February of 2020, the Greene County Library launched a new program called Craft for a Cause. The library invites crafters to participate in a different craft project each month. Upon completion, finished projects should be dropped off at one of the Greene County libraries, where they will be delivered to a preselected nonprofit organization. Program leaders plan to include a diverse range of projects, providing resources for templates and patterns ranging from easy to advanced levels.

May's project is making greeting cards for Operation Gratitude, whose mission is “to forge strong bonds between Americans and their Military and First Responders.” The blank greeting cards will be included in care packages for the service members' own personal use to write home to their loved ones.

A sneak peek at June's project is crocheting or knitting caps for Knots of Love, whose mission is to warm the hearts and heads of those experiencing traumatic hair loss for cancer patients, burn patients, patients who've had head trauma or brain surgery, and those who suffer from alopecia. Any cap pattern is fine but yarn must be from the approved yarn list.

More details and instructions about Craft for a Cause can be found on the library's website at www.greenelibrary.info/cfac, which is updated every month for the new project.

National Senior Health & Fitness Day — Flash Mob

This year National Senior Health and Fitness Day is Wednesday, May 26. Locally there will be a Masked, Socially Distanced “Life is Better in Motion” Flash Mob and Retirement Party for Karen from 1-2 pm in John Bryan Community Center's new overflow parking lot.

Due to Covid-19 restrictions and safety measures, the number of people participating in the Flash Mob dance is limited, although there will be space for spectators and well-wishers in the surrounding areas. Spectators should bring their own lawn chairs.

To participate as one of the dancers or to help honor Karen's service in a simple celebration afterwards, contact Lynn Hardman at 937-765-2379. Participants will practice the choreography on Mondays and Wednesdays near the end of Lynn's Zoom Line Dancing and Zumba Gold classes.

The goals of National Senior Health & Fitness Day are to promote the importance of regular physical activity, and to show what local organizations are doing to improve the health of older adults in their communities.

MAY 2021

MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY
SAT / SUN

Zoom links for all virtual events are on the calendar on our website at www.ysseniors.org/calendar (select the activity, link is in the pop up box)

3 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	4 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class	5 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	6 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	7 8 2:45 — Strength Training with Andrew	1 2
10 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing 6:30 — Financial Series	11 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	12 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	13 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	14 15 2:45 — Strength Training with Andrew	16 12:30 — Grandmother Council
17 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	18 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class	19 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	20 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	21 22 2:45 — Strength Training with Andrew	23
24 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing May 31 is on June	25 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	26 11:00 — Virtual Spanish Coffee Hour 1:00 — Sr. Health & Fitness Day—Flash Mob, p. 3 2:00 — Dancing with Parkinson's 5:00 — Zoomba	27 12:00 — Chair Interval 12:00 — Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	28 29 2:45 — Strength Training with Andrew	30

JUNE 2021

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

MAY 31 CLOSED in honor of Memorial Day	1 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class	2 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	3 12:00 — Chair Interval Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	4 5 2:45 — Strength Training with Andrew	6
7 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	8 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	9 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	10 12:00 — Chair Interval Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	11 12 2:45 — Strength Training with Andrew	13
14 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing 6:30 — Financial Series	15 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class	16 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	17 12:00 — Chair Interval Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 7:00 — Euchre	18 19 2:45 — Strength Training with Andrew	20 Plaque unveiling in honor of Dr. Matthews 12:30 — Grandmother Council
21 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	22 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class 3:30 — Great Novels & Poetry Class	23 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	24 12:00 — Chair Interval Lunch & Meet 1:30 — Yoga with Reena 4:00 — Spanish w/ Josefina for Adv. Beginners 5:00 — Annual Meeting 7:00 — Euchre	25 26 2:45 — Strength Training with Andrew	27
28 1:30 — Yoga with Reena 4:00 — Adv. Beginner Spanish 4:00 — Line Dancing	29 11:00 — Chair Interval 1:30 — Euchre 2:00 — French Class	30 11:00 — Virtual Spanish Coffee Hour 2:00 — Dancing with Parkinson's 5:00 — Zoomba	Zoom links for all virtual events are on the calendar on our website at www.ysseniors.org/calendar (select the activity, link is in the pop up box)		

Are We There Yet?

We are almost there!! It seems that we are looking at a new dawn on the horizon, however work remains for all of us to do. Getting vaccinated has blossomed into wonderful hugs for the first time in over a year for so many seniors, however for others it has been difficult trying to navigate the procedure to sign up for a shot. Scientist and health experts still suggest that we continue with social distancing with mask in place, in order for our nation to get pass Covid-19. Eventually we will reach our new normal.

We at the center are striving to help get us there. We can help you sign up for a vaccination (even for those who are homebound), and we can assist with transportation. Our homemakers are also eager to help keep your home clean, thus reducing dangerous germs. Please contact us and allow us to help. Before you know it, we will be celebrating our village together.

–Teresa Bondurant, Support Services Manager
937-767-5751 x107, tbondurant@ysseniors.org

Grocery Delivery

The Senior Center continues to shop for weekly grocery essentials from Tom's Market for anyone who is homebound due to transportation, mobility, or health issues. Deliveries are on **Fridays** and orders are due to the Senior Center by noon on Thursdays. Orders are accepted one of three ways:

- e-mail to info@ysseniors.org
- by filling the form on our website (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 get card information. This is a **free service**. Donations are accepted.

MS Fatigue Management Research Study

For those who experience fatigue due to Multiple Sclerosis, the Inclusive Wellness and Rehabilitation Research group at Case Western Reserve University is holding a 6-week fatigue management research study for people with MS. Call 1-800-631-3272 or visit www.facebook.com/iwellpage

Transportation Notes

*Soon all memories will depart,
Of a past left well behind.
I will get off to a new start,
With the best of mankind.*

–Bernard Shaw, "A New Start"

You feel it too, right? It's palpable. Spring's breeze washes over and through us as a cleansing wave. More than just opening the windows to turn over winter's indoor air, the breeze tickles the edge of our awareness that we are approaching familiar territory in a new way.

We are more freely engaging the outdoors – cautiously – and inviting our friends and families to be near(er).

Of course, not all memories will depart – quite the contrary. There are the sorrows of loved ones lost, for whom we grieve. Young people have lost time for growing into themselves – for enjoying their friends in play, for study – for all it means to be young.

Then, too, there is likely to be a hitch in our new start as we tackle deferred obligations and tasks interrupted by the pandemic.

The Centers for Disease Control has cited a study documenting an estimated 41% of U.S. adults have delayed or avoided medical care, including urgent or emergency care (12%) and routine care (32%).

Additionally, consider that our motor skills, mental acuity, social talents and such are likely to have waned for having sat on the shelf for the last 12 months.

We will all be making a new start; sometimes only a faltering one. Remember that our friends, family, and community services are all there to help each of us get up to speed.

And if you have time to help the village during this time, please consider volunteering as a Senior Center driver, lending a hand at the food bank, inviting a neighbor for a walk...well, you get the idea.

Robert Libecap, Transportation Manager
937-767-5751 x104, rilibecap@ysseniors.org

The Senior Center is always looking for volunteer drivers. Drive a little or drive a lot. Take Seniors to medical appointments and shopping. No weekend or evening driving. Contact Robert to apply.

May Birthdays

5/02* Polly Chick
 5/05* Elsie Richardson
 5/05 Christine Steele
 5/08 David Hyde
 5/11* Paul Abendroth
 5/11 David Goode
 5/13* Shirley Mullins
 5/14 Frances Abrams
 5/14 Kitty Jensen
 5/14* Joyce Kaufman
 5/15 Cynthia Coffman
 5/16 Kathy Heriot
 5/18* Marjorie Johnson
 5/18 Kathy Beverly
 5/20 Bob Scott
 5/20 Diana Glawe
 5/21 Ellen Hoover
 5/22 Juanita Melton
 5/23 Ellen Svendsen
 5/25 Elaine Kresge
 5/25 Susan Stiles
 5/28 Vicci Ayers
 5/28 Jim Bailey
 5/28 Wendy Levitch
 5/29 Keith Kresge
 5/29 Inge Lake

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.

June Birthdays

6/01 Deborah Chlebek
 6/01 Lynn Hardman
 6/02* Ray Lewkowicz
 6/02* June Allison
 6/02 Roy Eastman
 6/04 Carol Cox
 6/07 Pam Geisel
 6/07 Wayne Gulden
 6/07* Harry Lipsitt
 6/07* Chris Ravndal
 6/09 Paul Graham
 6/11 Shahkar Strolger
 6/13 Susan Gartner
 6/15 Rosemary Bailey
 6/18 Peggy Koebernick
 6/18* David Westneat
 6/18* Bob Baldwin, Jr.
 6/19 Judith O'Connor
 6/19 Linda Griffith
 6/20 Ruth Lapp
 6/22* Rubin Battino
 6/22 Mary Reeder
 6/22* Walter Rhodes
 6/24* Donna Brown
 6/24* Katherine Kadish
 6/26 Don Mates
 6/28* Wanda Cubbage
 6/29 Omintha Petrie

***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.

Welcome NEW Members!

John Baldasare

Kathy Johnson

Holly Keil

Eliza Longstreth

Elizabeth Tinker

Catherine Zimmerman



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

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Shahkar Strolger

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

Newsletter Deadline

Copy deadline is **June 11** for Jul/Aug. 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

Newsletter Production & Volunteers

Mar/Apr: Susan Bothwell, Misty Monee & Will Rice

This issue and past issues of Senior Notes are on our website under the Other tab:
www.ysseniors.org/enewsletter



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Senior Notes March/April 2021

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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



Volunteers Simone Demarzi (left) and Eden Meihls (right) with the lunches. Simone loading the lunches into the car.

The Senior Center would like to thank Current Cuisine, Tom's Market, LaPampa Grill, and Mama's Midnight Bakery for participating in the Local Fare program and the Yellow Springs Community Foundation for their support.

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.