

Senior Notes

A bimonthly publication for members of the Yellow Springs Senior Center



Volunteer service and financial contributions are vital to the operation of the Senior Center.
227 Xenia Avenue, Yellow Springs, OH 45387 • 937-767-5751 • ysseniors.org

All I Ask of You

My mother reports that my first real sentence was a question, “Is it time to go home?” Perhaps that’s just how I roll. I’ve been told, especially by teenagers fed up with a nosey adult, that I ask too many questions.

Over the past month it seems I’ve been asking scads of questions – the Senior Center issued a survey to the community to help us learn how to better serve the community (more info on the back page). The Center requested that Villagers help us design the exterior wrap of our new van. We’ve asked for advice and input designing our new patio and requested donations to pay for it (stop by and check it out!). During the weekly Thursday Zoom “Lunch & Meet” program, guests take questions from all the participants, often leading to fascinating insights.

This year our Street Fair event was “Conversations with Strangers” providing the chance for people to socialize, share stories and find new connections. Curiosity about each other’s experiences led to interesting conversations, with one question often leading the next.

One of the most essential aspects of the Senior Center’s success is the number of people who say “Yes” when asked to volunteer. This newsletter includes the impressive list of individuals who have provided their time and talent in service to others and our organization. They serve as drivers, instructors, front desk receptionists, committee, and board members and so many other tasks. YSSC would not be able to function without the time and skills provided by so many kind and caring people. On behalf of the entire membership and staff, THANK YOU!

A critical request annually is for donations to support YSSC’s mission. Would you please contribute to our Annual Appeal? While much of YSSC’s

budget is supported through grants (including Greene County Council on Aging funds from the Senior Services Levy) and fundraising events, the Center relies on the generosity of donors to sustain operations. The \$54,356 raised last year was an essential 15% of our overall budget. Donations can be made through the website at ysseniors.org/donate.

The Center will continue to grow and thrive so long as we continue to be responsive to the needs of the community. My work is to continue asking the questions that help determine what is needed, what’s next and how we can best serve the whole community. I welcome your questions at any time – they keep me on my toes!

With gratitude for all the ways Yellow Springs comes through when asked...you are appreciated!

– Caroline Mullin, Executive Director
937-767-5751 x 101, cmullin@ysseniors.org



Online Fundraising Auction Recap – thanks to everyone who donated items, bid on items, or shared the link to the event, and a **huge thanks** to Dave Chappelle (above) for his personal, autographed donations. Thanks to everyone’s efforts the Center raised \$5,859.

CLASSES & GROUPS

Exercise, Movement, & Yoga

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

Beginner's yoga on the floor or seated. *In the Great Room and on Zoom.*

Qi Gong, Tues. & Fri. 1–1:45 pm

The group follows an easy DVD on the big screen. *In the Great Room.*

Dancing with Parkinson's*, Wed. 2–3 pm

For people with Parkinson's and their spouses or caregivers. *In the Great Room and on Zoom.*

Strength Training with Andrew, Thurs. 1 pm

Work out with a certified personal trainer. *On Zoom.*

Tai Chi, Tues, 5:15 pm & Fri. 11:30 am

Dee Arianne Rockwood teaches this gentle form of low or no impact exercise. *In the Great Room.*

Learn a Language

Advanced Beginner Spanish, Mon. 4–5 pm

¡Hola Amigos! Judith Skillings is teaching Advanced Beginner Spanish. *On Zoom.*

Spanish, Wed. noon–1 pm

Taught by Judith Skillings. *On Zoom. Limited enrollment, contact JudithSkillings@yahoo.com.*

Intermediate Spanish with Josefina, Thurs. 4 pm

Taught by Josefina Sosa from Cuernavaca, Mexico. *On Zoom. Contact JudithSkillings@yahoo.com.*

All Level Spanish Class, Fri. 10 am

An all level Spanish Class. *In the Great Room*

Advanced Spanish, Sat., 10 am –AND–

Introduction to Spanish, Sat., 11 am

Ends on Nov. 19. *In the Great Room*

French Class, Tues. 2 pm

On Zoom, contact Lynda at lyndalh7@hotmail.com.

German in Review, Tues. 3:30–4:30 pm

Taught by Dr. Robert Conard. *In the Fireplace Room.*

Card & Strategy Games

Rummikub, Tues. 2 pm

Easy to play. *In the Great Room.*

Bridge, Second & Fourth Wed. 1–3:30 pm

Bridge. *In the Fireplace Room.*

Bridge, Wed. 6:30–9 pm

Duplicate bridge. *In the Great Room.*

Euchre Online, Mon. & Wed. 1:30 pm

Call Brad, 707-321-2341 for information. *Online.*

Mahjong, Thurs. & Sat. 1–4 pm

Thurs. *in the Fireplace Room*; Sat. *in the Great Room.*

Scrabble, Sat. 1–3:30 pm – **starting Nov. 19**

In the Great Room.

Other Social Activities

Lunch & Meet Thursdays, Thurs. noon–1 pm

Zoom event, guest speakers. Check the website for the list of guests. *On Zoom.*

Ethical Wills with Artie Isaac

Convey your values, stories and info to loved ones. Dec. 5 at 6:30 pm, *in the Fireplace Room*

Ukulele Class, Tues. 10 am

Introduction to ukulele playing with instruction part group and part individual. Ukuleles will be provided for in-class use. *In the Great Room*

Hearing Aid Help, Fourth Tues. 10 am

From Xenia Hearing Center. *In the Fireplace Room*

Knitting, Crochet, & Crafts, Wed. 10 am

Knitting and crocheting. *In the Great Room*

Tech Help with Kristyn, Fri., 2:30–3:30 pm

No appointment needed. *In the Fireplace Room*

Financial Series, Mon., Nov. 14, 6:30 pm

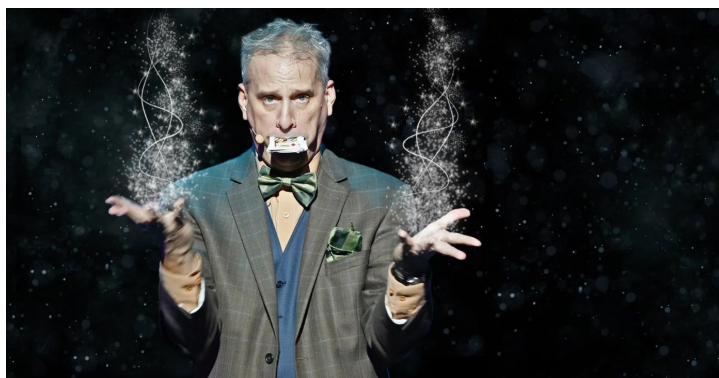
Ryan Beach presents finance information. *In the Great Room, the second Mondays, April–November.*

Red classes are on Zoom or online,
Underlined* are hybrid (in person & on Zoom)

For updates and Zoom links: ysseniors.org

UPCOMING EVENTS & NEW ACTIVITIES

3



Grandparent Magic

Friday, November 4, 2 pm

Professional Magician David Williamson will demonstrate and teach easy-to-do and utterly amazing tricks, stunts, and brainteasers that will engage the grandchildren and provide giggles, jaw-dropping awe, and wonderful memories.

Community Colloquy Series

Third Thursday of the month, 7–8:30 pm

YSSC will host monthly guests to share their expertise and knowledge with the community. The topic for **November 17** is “Preliminary Findings of Research on the History of Race and Real Estate in Yellow Springs” presented by Kevin McGruder, Associate Professor of History, whose previous research has focused on racial residential patterns in Harlem. There will be no program on December 15.

Programs will meet in the Great Room and also be on Zoom. All are welcome. The Zoom link can be found on the calendar on the website at ysseniors.org/calendar.

The Shakespeare Reading Group

Sundays, November 27, December 4 & 11, 2 pm

The Shakespeare Reading Group will resume to read “The Winter’s Tale” over three Sundays: November 27, December 4 and 11, at 2 pm in the Fireplace Room.

For decades, a number of villagers have gathered on Sunday afternoons to revel in the English language at its richest, as written by The Bard. Attendees, whether drop-ins or those who’ve participated for years, sit in a circle, and each person reads the next character’s lines. Occasionally the group stops to discuss or debate. For more info, contact Deborah McGee or Keith Doubt.

Cocoa & Cookies Social

Friday, December 2, 2:30 pm

Please come for free hot cocoa, cookies, and carols on Friday, December 2 at 2:30 pm, held outside so dress for the weather. Everyone is welcome.

Ukulele Concert

Sunday, December 11, 2 pm

Hear “4 String Fun,” the Yellow Springs ukulele club band give a rousing holiday performance with sing-along caroling. Light refreshments will be provided.

There is a monthly meetup on the first Saturday at 6 pm at the YS Arts Council Building where anyone can come to sing and strum. There are free weekly ukulele lessons at the Senior Center on Tuesdays at 10 am with ukuleles provided for in-class use. The library also has ukuleles to lend.

ENTER AND WIN!

The Senior Center provides transportation services for Seniors with the support of funds granted by the Greene County Council on Aging, the Community Foundation, and donations by passengers and the community at large. Still, the rides could not be done without the generous “in-kind” donations of Volunteer Drivers – their time and energy – which fuel the program’s success. This year alone, Volunteers have contributed over 700 hours of their time to provide a safe and a neighborly helping hand for 400+ rides – to doctors, dentists, grocery shopping and more. Demand for this service is growing – now even more since a wheelchair-accessible van has been added to our fleet.

Your help, whether driving once or twice a month – or, even once or twice a year – adds up to keeping this transportation program a vital link Seniors may rely upon.



A Strong Community

If we want living, functioning communities, we will have to make them ourselves in our own neighborhoods, starting with the means at hand and the nearest problems.

–Wendel Berry, *The Need to Be Whole*

One of Wendell Berry's predicates for a strong community is that it "enables its members to help one another." Small town America – now a relic of a time before and, without a nostalgic, smokey veneer of "the good 'ol days," still informs what a "living, functioning community" might feel like today. Sympathy, empathy, tolerance and respect guided behaviors. Though sometimes intrusive, neighbors took note and, often, took care of others in need.

Service groups, schools, and other community-based institutions offer social infrastructure to help amplify community values and ability. They offer a framework around which individuals organize their individual talents, energy and financial support to ably address "nearest problems."

Building and sustaining strong communities takes work. It takes involvement. Together we make a difference!

A huge "Thank You" to all the Senior Center's volunteer drivers – past, present and future – who keep villagers on the move. If you are able to lend your time to this community project, I will be pleased to hand over the keys.

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

Medicare Open Enrollment

Open enrollment is upon us! Please be very wary of advertisements on the television and of the overabundance of mail you may be receiving that appears to be from Medicare but may actually be marketing ploys wanting to enroll you so they can get a commission. The assistance you receive at the Senior Center is unbiased and not based on a commission for enrollment.

Coverages change from year to year, so make sure to compare your current plan with available options for 2023. There may be changes to Medicare Advantage Plans and Medicare Part D. The Open Enrollment season ends December 7, 2022. I can help you review your current plan, run comparisons and compare options, as well as help you sign up

for a new plan. There is a printable form for listing your current prescriptions available on our website under Programs, Support Services. If you don't have access to a printer, you may stop by the Center and pick up a form. This form needs to be completed prior to your appointment.

A **Caregiver Support Group** is being held the first Monday of the month, from 6–7:30 pm at the First Presbyterian Church in Yellow Springs. If you would like more information on this group, please contact the Greene County Council on Aging at 937-376-5486 or YourFriends@gccoa.org.

– Stephanie Lawson, RN, Support Services Manager
937-767-5751, ext. 108, slawson@ysseniors.org

Smelling the Flowers

In November 1938, a short cartoon was released by Walt Disney called "Ferdinand the Bull." It detailed the life of a bull that would rather smell flowers than to be prize winning bull that is chosen to be a part of the famed bull fights of Madrid, Spain. All the other bulls grew and competed to be the chosen bull; Ferdinand just enjoyed the flowers. And as fate turned out, Ferdinand grew to be the largest bull and due to a rambunctious reaction to a bee sting, he was chosen as the prize bull. Of course, Ferdinand was oblivious to all the hoopla surrounding him and the famed fight and just calmly remained happy to smell the flowers. The past two years have been loaded with hoopla: Covid 19, war, political and civil unrest, you name it. The Senior Center, like Ferdinand, keeps smelling the flowers and being the comfortable oasis we are. Come by and see what we have to offer.

I would like to humbly express my gratitude for the outpouring of love and support given to me from the Senior Center and the Yellow Springs Community, because of my induction to the Greene County Women's Hall of Fame. Thank you. It is such an honor and a blessing.

–Teresa Bondurant, Homemaker Program Manager
937-767-5751 x107, tbondurant@ysseniors.org



THURSDAY

FRIDAY

SAT / SUN

<p>1</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>2</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:30 — Tech Help with Kristyn</p> <p>2:30 — Cocoa & Cookies, p. 3</p>	<p>3</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>4</p> <p>2:00 — Shakespeare Reading Group</p>
<p>8</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>9</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:30 — Tech Help with Kristyn</p>	<p>10</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>11</p> <p>2:00 — Shakespeare Reading Group</p> <p>2:00 — Ukulele Concert, p. 3</p>
<p>15</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>16</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:30 — Tech Help with Kristyn</p>	<p>17</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>18</p> <p>12:30 — Grandmother Council</p>
<p>22</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>23</p> <p>CLOSED for Christmas</p>	<p>24</p> <p>Christmas Eve</p> <hr/> <p>25</p> <p>Christmas Day</p>
<p>29</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — Strength Training with Andrew</p> <p>1:30 — Yoga with Reena*</p> <p>4:00 — Intermediate Spanish</p>	<p>30</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p>	<p>31</p> <p>New Year's Eve</p> <hr/> <p>Jan. 1</p> <p>New Year's Day</p>

NOVEMBER 2022

MONDAY



TUESDAY

WEDNESDAY

	1 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal	2 10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge
7 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish	8 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal	9 10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge
14 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 6:30 — Financial Series	15 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal	16 10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge
21 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish	22 10:00 — Hearing Aid Help 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal	23 10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge
28 1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish	29 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal	30 10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge

THURSDAY

FRIDAY

SAT / SUN

<p>3</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — <u>Strength Training with Andrew</u></p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>4:00 — Intermediate Spanish</p>	<p>4</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:00 — Grandparent Magic, p.3</p> <p>2:30 — Tech Help with Kristyn</p>	<p>5</p> <p>10:00 — Advanced Spanish</p> <p>11:00 — Introduction to Spanish</p> <p>1:00 — Mahjong</p> <hr/> <p>6</p>
<p>10</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — <u>Strength Training with Andrew</u></p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>4:00 — Intermediate Spanish</p>	<p>11</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:30 — Tech Help with Kristyn</p>	<p>12</p> <p>10:00 — Advanced Spanish</p> <p>11:00 — Introduction to Spanish</p> <p>1:00 — Mahjong</p> <hr/> <p>13</p>
<p>17</p> <p>12:00 — Lunch & Meet</p> <p>1:00 — Mahjong</p> <p>1:00 — <u>Strength Training with Andrew</u></p> <p>1:30 — <u>Yoga with Reena*</u></p> <p>4:00 — Intermediate Spanish</p> <p>7:00 — <u>Community Colloquy:</u> Kevin McGruder, p.3</p>	<p>18</p> <p>10:00 — All Level Spanish Class</p> <p>11:30 — Tai Chi</p> <p>1:00 — Qi Gong</p> <p>2:30 — Tech Help with Kristyn</p>	<p>19</p> <p>10:00 — Advanced Spanish</p> <p>11:00 — Introduction to Spanish</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>20</p> <p>12:30 — <u>Grandmother Council</u></p>
<p>24</p> <p>CLOSED for Thanksgiving</p>	<p>25</p> <p>CLOSED for Thanksgiving</p>	<p>26</p> <p>1:00 — Mahjong</p> <p>1:00 — Scrabble</p> <hr/> <p>27</p> <p>2:00 — Shakespeare Reading Group</p>

Zoom links are on the website at
ysseniors.org/calendar
 (click on activity, link is in pop up box)

See page 2 for class descriptions

Classes titles in **Red** are on Zoom

Class titles underlined* and with an * are hybrid and are both in person and on Zoom

**Turn over for the
December calendar**

DECEMBER 2022

MONDAY

TUESDAY

WEDNESDAY

**Turn over for the
November calendar**

Zoom links are on the website at
ysseniors.org/calendar
(click on activity, link is in pop up box)

See page 2 for class descriptions

Classes titles in **Red** are on Zoom

Class titles underlined* and with an * are hybrid and are both in person and on Zoom

<p>5</p> <p>1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish 6:30 — Ethical Wills</p>	<p>6</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>7</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 5:00 — YSSC Board Meeting 6:30 — Bridge</p>
<p>12</p> <p>1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish</p>	<p>13</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>14</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>19</p> <p>1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish</p>	<p>20</p> <p>10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>21</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 6:30 — Bridge</p>
<p>26</p> <p>1:30 — <u>Yoga with Reena*</u> 1:30 — Euchre Online 4:00 — Adv. Beginner Spanish</p>	<p>27</p> <p>10:00 — Hearing Aid Help 10:00 — Ukulele Class 1:00 — Qi Gong 2:00 — French Class 2:00 — Rummikub 3:30 — German in Review 5:15 — Tai Chi 7:00 — YS Strings Rehearsal</p>	<p>28</p> <p>10:00 — Knitting, Crochet, & Crafts 12:00 — Spanish 1:00 — Bridge 1:30 — Euchre Online 2:00 — <u>Dancing with Parkinson's*</u> 3:00 — Center Closing at 3 pm 6:30 — Bridge</p>

Greene County Council on Aging

2022 Holiday Gift Soiree

The Greene County Council on Aging's Holiday Gift Soiree will be held on Wednesday, Nov. 30 from 10 am–6 pm at the Xenia Community Center, 1265 W 2nd St. in Xenia, next to the Council's office. They are planning a special experience and the opportunity to purchase unique handcrafted items and homemade treats. The YSSC Staff will be going – let us know if you'd like a ride.

Other GCCOA Events

- **Caregiver Support Group:** Mondays, Nov. 7 and Dec. 5 (first Mondays) from 6–7:30 pm at the First Presbyterian Church in Yellow Springs
- **Grief & Loss Group:** Mondays, Nov. 14 and Dec. 12 (second Mondays) from 10 am–noon at Peace Lutheran Church in Beaver Creek.
- **Memory Loss, Dementia & Alzheimer's Disease:** Wednesday, Nov. 16 from 2:30–4:30 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.
- **Legal Chat:** Thursday, Nov. 17 and Dec. 15 (third Thursdays) at 2:30 pm at Peace Lutheran Church, 3530 Dayton-Xenia Road, Beaver Creek. Enter at lower level door with awning.
- **Medicare 101:** Wednesday, Dec. 14, 2:30–4 pm at the Xenia Community Center (XCC) next door to the GCCOA Office.

Contact GCCOA with questions or to register for these events at 937-376-5486 or send an email to YourFriends@gcco.org. Information is also available on their website at gcco.org.

Ripples 2023

Ripples is an annual literary magazine featuring poems and articles by or about older adults in the community. Submit your stories, poems, and photos created by or featuring residents of Yellow Springs and Miami Township who are age 55 and over.

The deadline is March 15, 2023. Submission guidelines are available at the Senior Center and on the website at ysseniors.org/Ripples.

Send your typed, ready to print submissions along with a submission form to:

YSSC – *Ripples*

227 Xenia Ave.

Yellow Springs, OH 45387

Or email to pgeisel@ysseniors.org.

Copies of past issues of *Ripples* are available at the Senior Center and the 2021 and 2022 issues can also be read on the website at the address above.

Grocery Delivery

The Senior Center continues to shop for groceries weekly from Tom's Market for anyone who is homebound due to transportation, mobility, or health issues. Deliveries are on **Fridays** and **orders are due by 11 am on Thursdays**. Orders are accepted one of three ways:

- e-mail to info@ysseniors.org
- by using the form at: ysseniors.org/grocery-delivery-program
- calling 937-767-5751 Mon.–Fri. 9:30 am–4 pm

Credit Card/Debit Card/EBT cards are accepted, and a representative of the Senior Center will call to get card information. This is a free service. Donations are gratefully accepted.



David Battle Art Exhibit through December 28

Award-winning artist David Battle will be the guest artist for October–December. David was born in Yorkshire, England, and both studied and taught art in London. He worked as a graphic designer in both England and in Yellow Springs and has created the cover illustrations for all of The Antioch Review issues.

The show is up through December 28 and can be seen during the Center's open hours of Monday–Friday, 9:30 am–4 pm, except during class time. Please check the calendar or call before you come. For information, visit ysseniors.org/art.

A BIG THANK YOU!

End of year thanks to volunteers – There is no way to adequately thank the individuals who provide voluntary work. Some work in the building, some provide classes over Zoom, others drive passengers or make grocery deliveries. The hours of unpaid labor provide much of the service of our organization. If you recognize some of these kind people please take a moment to thank them. We apologize to anyone whose name was accidentally omitted.

Amy Achor
Diana Adkins
Ven Adkins
Ann Adrian
Susan Alberter
Kate Anderson
Kristyn Andrews
Dave Anthony
Reena Appell
Jim Bailey
Ryan Beach
Anna Bellasari
Sara Beltran
Jennifer Berman
Andree Bognar
Susan Bothwell
Andrew Brody
Barbara Brookshire
Jerry Buck
Arati Cacciolfi
Mary Cargan
Diane Chiddister
Robert Conard
Sheilah Conard
Pam Conine
Christopher Cox
Ken Dahms
Kelley Day
Tom Degenhart
Mark Delozier
Simone Demarzi
Cindy Diehl
Keith Doubt
Deborah Downey
Laurie Dreamspinner
Phyllis Evans
Dave Finster



Joy Fishbain
Eve Fleck
Susan Freeman
Larry Gerhoffer
Cammy Grote
Wayne Gulden
Gayle Gyure
Sherry Harding
Lynn Hardman
Amy Harper
Luan Heit
Lynda Hicks
Cathy Hill
Joe Hill
Anna Hogarty
Andy Holyoke
Beth Holyoke
Jon Hudson
Lee Huntington
Kim Iconis
Alisa Isaac
Artie Isaac
Sandra Jessen
Jim Johnson
Ruth Jordan
Bette Kelley
JoAnn Kiser
Peggy Koebernick
Michael Kraus
Melissa Kuhns
Ruth Lapp
Fran LaSalle
Hannah Lawson
Kate LeVesconte
Maureen Lynch
Barbara Mann
Linda Mates
Jim Mayer
Lynn McCown
Deborah McGee
Larry McKever
Carmen Milano
Marian Miller
Misty Monee
Paul Mullin
Chris Murphy
Harvey Paige
Linda Parsons



Suzanne Patterson
Cyndi Pauwels
Corinne Pelzl
Daniel Pelzl
Gabriel Potter
Julie Potter
Diana Quirk
Macy Reynolds
Marcia Ridgley
Pat Robinow
Dee Rockwood
Libby Rudolf
Linda Scutt
Kathi Siedl
Pat Siemer
Linda Sikes
Judith Skillings
Josephina Sosa
Brad Terry
Bobbi Treadwell
Daphne Trillana
Aamil Wagner
Ahmad Wagner
Amani Wagner
Marianne Welchel
Michelle Wilson
Susan Wolf
Lin Wood
Richard Zopf



A heartfelt thank you to:

Dinah Anderson, who has been bringing the Center a fresh bouquet of dahlias and amazing vegetables every week through the Fall, and Bob & Tia Huston who have also been sharing vegetables from their garden.

And our Board Members!

The Board of Directors has filled the unexpired term (ending in 2023) of member Ruth Lapp with Jim Johnson. Thanks to both Ruth and Jim for their service!

November Birthdays

11/00 Beth Holyoke
 11/01 Dan Robinow
 11/02 Vernon Courtney
 11/02 Linda Chernick
 11/02 Lucrecia Guerrero
 11/03 Christopher Cox
 11/03 Chris Murphy
 11/04 Diane Diller
 11/04 Pamela Gillespie Dapore
 11/06 Christine Ostlund
 11/07 Linda Cox
 11/07* Joyce McCurdy
 11/09* JoAnn Kiser
 11/09* Ruth Darrow
 11/09 Florence Randolph
 11/12* Peggy Erskine
 11/14 Lynda Ream
 11/14* Mary Cargan
 11/19 Marcilina Meigs-Kilby
 11/20* Rosa Martinez
 11/21 Harriett Dadras
 11/21* Sally Lane
 11/22 Steve McColaugh
 11/24 Franklin Halley
 11/24* Ernest Koerlin
 11/24 Jane Scott
 11/24* Grover Criswell
 11/27* John Lane
 11/28 Tom Logsdon
 11/29 Bobbi Treadwell

Membership Dues

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

Make checks payable to
Yellow Springs Senior Center
 and mail to: YSSC, 227 Xenia Ave.
 Yellow Springs, OH, 45387

Or pay online at:
ysseniors.org/membership

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

December Birthdays

12/01 Carl Champney
 12/02 Julia Harris
 12/03 Kathryn LeVesconte
 12/04 Rebecca Ramsey Fenton
 12/04* Dave Anthony
 12/04 Betty Ross
 12/04 Fred Bartenstein
 12/05 Victoria Brookshire
 12/05* Malte von Matthiessen
 12/06* Edmond Vernot
 12/08* Dee Krieg
 12/08* Anna Bellisari
 12/08 Gary Zaremsky
 12/09 Marty Rochon
 12/10 Simone Stave Demarzi
 12/10 Bruce Parker
 12/11 Dawn Clark
 12/12* Sharon Mohler
 12/12 George Wanicek, Jr.
 12/12 Michael Meier
 12/15* James Felder
 12/15* Marcella Link
 12/18 Patricia Dunlap
 12/19* Tia Huston
 12/20 Ken Dahms
 12/22 Allen Hunt
 12/22 Priscilla Moore
 12/23* Joe O'Conner
 12/24* Patricia Simon
 12/24 Karen Coy
 12/27 Grace Lefthand-Jennings
 12/28 Gayle Gyure
 12/29 Elizabeth Porter
 12/30* Dr. Carl Hyde

***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!

Judith Sigmund
 Brenda McDonald
 Jane Dorsey
 Bob Martineau



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

Board of Trustees

Wayne Gulden, *President*
 Diane Chiddister, *Vice-President*
 Ven Adkins, *Treasurer*
 Anna Bellisari, *Secretary*
 Susan Alberter, Dr. Christopher Cox,
 Cathy Hill, Linda Scutt, Jim Johnson

Staff – 937-767-5751

Executive Director

Caroline Mullin, x101

Homemaker Program Manager

Teresa Bondurant, x107

Support Services Manager

Stephanie Lawson, x108

Transportation Manager

Robert Libecap, x104

Program Assistant

Corinne Pelzl, x105

Bookkeeper

Jeanna Gunderkline, x102

Operations Assistant

Lin Wood, x103

Marketing Manager

Pam Geisel, x106

Miller Fellows

Linda Sikes, x109

Kristyn Andrews, x104

Homemakers: Vicci Ayers, Amy
 Bennett, Jennifer Johnson, and
 Heather Neill

Newsletter Deadline

Copy deadline is **Dec. 1** for Jan/Feb.
 Mail, deliver to the Center, or email it
 to pgeisel@ysseniors.org

Mailing Volunteers

Andree Bogнар, Barbara Mann, Gail
 Simpson, Larry McKeever, Shirley
 Hatfield, Susan Bothwell, Arati
 Cacciolfi, Cindy Diehl

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



227 Xenia Avenue
Yellow Springs OH
45387
937-767-5751
www.ysseniors.org

Senior Notes November/December 2022

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CURRENT RESIDENT OR:

Senior Center Services

- Transportation
- Support Services
- Homemaker Program
- Activities Program

Senior Center Hours

Mon.–Fri. 9:30 am–4:00 pm

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

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.



We want to hear from everyone of ALL ages

If you get the *Yellow Springs News*, you might have seen an insert that was a survey that the Senior Center is doing. If you didn't get the survey and want to participate, there's still time to do so. Surveys can be picked up at the Senior Center, can be filled out online at ysseniors.org/survey, or one can be mailed to you if you contact the Senior Center at info@ysseniors.org or 937-767-5751. Thank you for your opinions!

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On a scale of 1-4 with 1 being VERY likely and 4 being very UNLIKELY, how would you rate the likelihood of your participation in the following programs? Please check one box for each item.

	1 Very likely	2 Somewhat likely	3 Somewhat unlikely	4 Very unlikely
Exercise Activities (Physical fitness)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Recreational events	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Financial and Legal Planning Programs	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Medicare and benefits assistance	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Opportunities to Volunteer	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health and craft groups	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Technology training (computers, internet)	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group meals	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visits to restaurants	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visits to museums	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Visits to entertainment	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Group parties / gatherings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Speakers on variety of topics	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Transportation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Health screenings	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

I rate the Yellow Springs Senior Center

My most recent visit to YSS Senior Center was

I am a YSSC by: ☐ Volunteering ☐ Making a donation ☐ Other: _____

If you drive, where do you park when you come to the Center?

Considering the recent program you attended please rate

The impact of program offered (check one) ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ No Opinion

Quality of current program (check one) ☐ Excellent ☐ Very Good ☐ Good ☐ Fair ☐ No Opinion

Membership costs are currently \$30 per individual, \$10 extra per household member. Check one

☐ I would pay more ☐ This is a fair price ☐ This is too expensive

The MOST I am willing to pay to attend one session of a program at YSSC is _____

Do any of the following difficulties prevent you from participating? (check all that apply)

☐ Program is not offered when I am available

☐ I do not have transportation

☐ It is difficult to find parking space

☐ The distance is too far

☐ I have health limitations

☐ I have difficulty getting up and participating

☐ I feel I am not using the full potential of the program

☐ English is not my first language please provide your preferred language _____

☐ The expense of participating is too expensive

☐ I am not aware of the program

☐ Other difficulty _____

☐ I have no difficulty preventing my participation

If Senior apartments were available here, would you consider living in one?

☐ Definitely ☐ 1-2 years ☐ 3-5 years ☐ 6-10 years ☐ 10+ years ☐ Never

Would you like to receive a survey by (check all that apply)

☐ Postal mail ☐ E-mail ☐ Website ☐ Facebook ☐ Phone ☐ Other _____

What other surveys would you suggest for our organization, instead of "Yellow Springs Senior Center"?

My preferred schedule for programs (check all that apply)

☐ Wednesday ☐ 1-2 years ☐ 3-5 years ☐ 6-10 years ☐ 10+ years ☐ 15+ years ☐ 20+ years

Other comments or ideas to share about programs for adults in Yellow Springs: _____

What other surveys would you suggest for our organization, instead of "Yellow Springs Senior Center"?

I am: ☐ Male ☐ Female ☐ Other: _____

I would like to be contacted by: ☐ E-mail ☐ Phone ☐ Text ☐ Mail

How many people were living at your address on October 1, 2021, including yourself? _____

I am making more than one survey submission in my lifetime: ☐ YES ☐ NO