

Whole-Person Wellness Opportunities *continued*

The Cincinnati Association for the Blind & Visually Impaired will host **“Perceptions,” a vision loss support group on Wednesday, May 1, from 10:00 AM to 12:00 PM** in the Cohen Conference Room. Contact group facilitators Gary Ensing, 513-487-4522, gary.ensing@cincyblind.org or Jennifer Brock, 513-487-4507, jennifer.brock@cincyblind.org.

The **Summer 1 session of Cardio Splash takes place on Mondays, May 28–July 13, 2019, from 10:15–11:00 AM**, at the Middletown YMCA.

Offered through the YMCA, CardioSplash provides low-impact shallow- and deep-water exercises, is gentle on joints, and allows exercise through full range of motion. Cost is \$30 per person. Register at the Welcome Center by Wednesday, May 8.

Women age 50+ are invited to attend **“Personal Protection for Women” on Wednesday, May 8, from 10:00–11:30 AM in the Cohen Conference Room**. This free class will focus on basic self-defense moves and preparing for unsafe situations. Instructors Major Leanne Hood, Services Commander, City of Middletown—Division of Police, and her husband, Herb, a retired police officer from West Chester, will teach the class, demonstrate protection moves, and answer questions about personal safety. Register at the Welcome Center.

Supportive Services requests donations of adult Depends and Glucerna shakes and bars for clients with diabetes. Please drop off donations at the Welcome Center. Thank you for your generosity.

Did You Know?

► Our annual **Council on Aging Structural Compliance Review** in January reported no deficiencies. The COA Structural Compliance Review team looked at, among other items: quality and temperature of food served on and off site; membership, client, and employee records for compliance; and policies and procedures related to services funded by COA.

► Our **Transportation Services** vehicles now have 2 new notices inside: one acknowledging that interpretation services are available in any language and one detailing client rights under Title VI.

► You can read the current issue of *Connection* on **our website** (centralconnections.org), along with notices of upcoming programs and events. We also post to **social media** on Facebook and Twitter.

► **Smokers** must smoke 50 feet away from our doors or in the designated smoking space on the west side of the building. Please use the cigarette butt receptacles.



the connection

newsletter of CENTRAL CONNECTIONS for **APRIL 2019**
3907 Central Ave, Middletown, OH 45044 / 513.423.1734 / centralconnections.org

Board Elects Officers, Appoints 3 New Trustees

Central Connections Board of Trustees met January 31 for its annual meeting at which the Board elected officers for 2019 and approved the appointments of 3 new trustees who took office on March 28.

New Board officers include Dr. Rick Hasemeier, president; Lisa Jester, vice president; Deborah Preston, treasurer; and Melissa Worbis, secretary.

The 3 new Board members, each of whom will serve a 3-year term, include:

- Mary Huttlinger, executive director, Middletown Visitors Bureau;
- Joseph Newlin, retired magistrate judge, Middletown Municipal Court;
- Valerie Parker-Haley, manager of Community Outreach Program and Years Ahead Senior Program, Kettering Health Network Community Outreach.

The Board also includes trustees Rick Fishbaugh, Ron Hotchkiss, Richard Isroff, Wayne Kiphart, and Roger Smith. Central Connections Executive Director Monica Smith is a nonvoting member of the Board.

Board members who completed terms of office in



The 2019 Board of Trustees includes: seated, left to right—Lisa Jester, vice president, Melissa Worbis, secretary, Deborah Preston, treasurer, and Rick Hasemeier, president; standing, left to right—Mary Huttlinger, Richard Isroff, Joseph Newlin, Rick Fishbaugh, Ron Hotchkiss, Roger Smith, Wayne Kiphart, and Valerie Parker-Haley.

2018 include John Lyons, President Reva Owens, and J.C. Shew.

“Central Connections is grateful to all Board members for their commitment to Whole-Person Wellness for older adults in the Middletown area. We are especially thankful for the service of Reva Owens, John Lyons, and J.C. Shew who helped steer passage of the tax levy in 2017 and who have contributed in many ways to our growth,” said Monica Smith.

Our weekly Wednesday cookouts begin Wednesday, April 3. These congregating meals will be served from 11:30 AM to 1:00 PM. Dine inside or on the patio. Check the April menu.

Thank You, Donors

We are grateful for generous contributions to Central Connections from these supporters:

GENERAL FUND

Anonymous
Randall Keith
Maxine Kirk
Kroger Community Rewards
Kelly McKinney
Valley Central Bank
In memory of Butch Little
Rosemary Back
Shirley and Carl Butts
Linda Day and Buddy Fouch
Sandra Jewell

In memory of Willie Davis

Steve Baker, Kim Barnes
Deanne Berry, Michael Cabbage,
Michael Cooper, Ian Chyun,
Jerome and Cynthia Davis,
Sandy Hoch, Daniel Hoff,
Sybrina Jones-Lambeth,
Brian Kalish, Phoejin Kim,
Bong Lee, Jewell Lewis-Terry,
Joe Maly,
Metropolitan Washington
Airports Authority Revenue
Office Team and
Board of Directors Office Staff,

Melissa and Terry Means,
Richard Reynolds, Carl Schultz,
Matt Sherwood, Jim Suh,
Yil Surehan, Gene Sutch,
Chryssa Westerlund, Rob Yingling

GRANT

PNC Charitable Trusts Grant /
Robert H. Reakirt Foundation

IN KIND GIFTS

Bonnie Crosby
Jane Hobbs
Dale Ledford

Welcome, New Members!

Jesse Bowlin, Deborah Bullock-Freeman,
William Cramer, Jay Daley, Betty Gilley, Robert Gilley,
Donna Hancock, Nancy Heberling, Thomas Heberling,
Lois Johnson, Marilyn Johnson, Nancy Keely,
Bonnie Lamb, William Lambert, Brenda Lentz,
David Lombard, Jana McNally, Mary Millard,
Ernest Muchmore, Gilda Muchmore, Karen Neal,
Roseanna O’Hara, James Purvis, Martha Purvis,
Kathi Simmons, Robert Stickelman, Carolyn Sudischer,
Cynthia Tutt, Mike Williams, Ronald Zimmerman



HOURS OF OPERATION: Monday, Tuesday 9:00AM–4:30PM Wednesday 9:00AM–7:00PM Thursday 9:00AM–5:00PM Friday 9:00AM–3:30PM Saturday closed Sunday closed

Central Connections

3907 Central Ave
Middletown, OH 45044
513-423-1734

www.centralconnections.org
info@centralconnections.org

BOARD OF TRUSTEES

Dr. Rick Hasemeier, *President*
Lisa Jester, *Vice President*
Deborah Preston, *Treasurer*
Melissa Worbis, *Secretary*
Rick Fishbaugh
Ron Hotchkiss
Mary Huttlinger
Richard Isroff
Wayne Kiphart
Joseph Newlin
Valerie Parker-Haley
Roger Smith

LEADERSHIP TEAM

Monica Smith, *Executive Director*
513-217-4912
Lisa Biedenbach, *Director of Operations* / 513-217-4915
Josh Blackmore, *Executive Chef*
Stephanie Cline,
Wellness Coordinator
Jan Freeze, *Accounting Coordinator*
Jodie Lawson, *HDM Coordinator*
Tina Pryor, *Human Resources & Transportation Assistant*

The Connection is the official newsletter of Central Connections. Please direct comments and suggestions to Lisa Biedenbach, Director of Operations, 513.217.4915 or lbiedenbach@centralconnections.org

Central Connections, a 501c3 nonprofit senior center in Middletown, Ohio, and a United Way Agency Partner, promotes whole-person wellness and serves the needs of adults over age 50 with nutritious meals, movement classes, transportation services, health screenings, recreation, volunteer opportunities, and social and educational events and programs.



8 Billiards Results

Feb. 25: Individual 8 Ball

1st: Ken Ledford
2nd: Tom Helsinger

Feb. 28: Singles

1st: Jerry Addison, Terry Highley
2nd: Ken Ledford, Chip Lang

March 4: Individual 8 Ball

1st: Ken Ledford
2nd: Terry Highley

March 7: 8 Ball Singles

1st: Steve Santos
2nd: Tom Helsinger

March 11: Individual 8 Ball

1st: Dick Johnson
2nd: Jerry Addison

March 14: Blind Draw

1st: Ken Ledford, Marc Lintner
2nd: Terry Highley, Dick Johnson

March 18: Individual 8 Ball

1st: Dick Johnson
2nd: Tom Helsinger

March 21: Scottish Doubles

1st: Jerry Addison, Tom Helsinger
2nd: Steve Santos, Ken Ledford

March 25: Individual 8 Ball

1st: Dick Johnson
2nd: Terry Highley

March 25: Individual 8 Ball

1st: Bill Deaton
2nd: Ed Waddell

March 28: Individual 8 Ball

1st: Terry Oliver
2nd: Terry Highley

Duplicate Bridge Scores / February, March

Top 5 players and points for Duplicate Bridge in **February** are: John Rossi, 385; Karen Hess, 361; Ray Craycraft, 352; Rhea Fraley, 338; Bob McCormick, 334.

Top 5 players in **March** are: John Rossi, 322; Paul Woodward, 293; Marilyn Weinstein, 284; Joyce Krebs, 271, Karen Hess, 265.

B-Caged Kicks Off 2019 Dance Season

Playing classic 50s and 60s rock and country music, B-Caged will kick off the 2019 Thursday night dance season on **Thursday,**



April 11, from 6:00–9:00 PM in the banquet center. Dances in 2019 will take place on the second Thursday from April through October and feature a variety of bands and music genres.


Admission at the door is \$5 per person. Doors open at 5:30 PM. Snacks and beverages only will be available for purchase. A

split-the-pot raffle and drawing for door prizes will be held during intermission of each dance.

The opening night sponsor is The Laurels of Middletown, a skilled nursing and rehabilitation center serving Middletown for more than five decades.

Whole-Person Wellness Opportunities *continued on back page*

For any programs or classes, we ask members and guests to register in person at the Welcome Center or call 423-1734.

Anyone interested in playing **recreational, non-tournament**  **poker on Tuesdays at 1:15 PM,** should leave a message at the Welcome Center for members Sandy Allen or Joe Stacy.

Golden Notes will perform at noon on **Wednesday, April 10, at noon.** The chorus welcomes new singers. Practices are held on Thursdays at 1:30 PM in the Jamboree Room.

Get a free hearing screening by Acute Hearing on Thursdays, April 11 and May 2, from 10:00 AM–1:00 PM. Learn what causes hearing loss and how it affects your brain, your health, and your relationships. Register for an appointment at the Welcome Center.

How well do you fit in your car and operate its features safely? Find out at a free AAA of Ohio **CarFit program on Monday, April 15, from 10:00 AM to 2:00 PM** in our parking lot. A CarFit evaluation takes 15–20 minutes and is done by a trained CarFit technician. A AAA technician will test the car battery and tire pressure. Register at the Welcome Center.

April Awareness: Testicular Cancer

By Stephanie Cline, Wellness Coordinator

Testicular cancer is one of the most curable and treatable cancers. According to the National Cancer Institute, 95.3 percent of people survive 5 years or more after being diagnosed with testicular cancer. Testicular cancer is not very common; about 1 of every 250 males will be diagnosed in their lifetime. The average age of diagnosis is 33; however, a male of any age can be diagnosed. Factors that may increase the risk of developing testicular cancer include family history, HIV infection, tobacco use, and abnormal testicle development. If symptoms are present, they may include enlargement or lump in either testicle, ache in the lower abdomen or back, discomfort in the testicle, and excessive amounts of breast tissue. Any swelling, lump or aching should be examined by a doctor as soon as possible. American Cancer Society recommends including a testicular exam in an annual checkup, as well as conducting self-exam checks monthly. If cancer is found, treatment will depend on the type of cancer cell and its stage. The 3 main types of treatment include surgery, radiation, and chemotherapy. To learn more about testicular cancer, visit the Wellness board in the atrium. (cancer.org, nci.nih.gov, medlineplus.gov)

The Page Turners Book Club will discuss *My Brilliant Friend* by Elena Ferrante, on **Thursday, April 18, at 1:00 PM,** in the Cohen Conference Room. Participants may borrow or purchase their own print or digital book or call the Welcome Center to borrow a print copy.

MidPointe Library System **Bookmobile will stop at Central Connections on Monday, April 22, at 3:30 PM.** Board the bookmobile to browse shelves, order and pick up books, and chat with library staff.

Brush up on driving skills at the **AARP Safe Driver Course on Wednesday, April 24, from 9:00 AM–1:00 PM.** Learn safe driving tips and review changes in motor vehicle laws, and more. Course cost is \$15 for AARP members; \$20 for non-AARP members. Payment can be made the day of the program to AARP instructor Judith Kanofsky. Registration is necessary. Call the Welcome Center, 513-423-1734.

Celebrate members' **April birthdays and anniversaries** in the dining room at lunch on **Tuesday, April 23!**